

# Bavarian News

Vol. 5, Nr. 21

U.S. Army Garrisons Grafenwoehr, Hohenfels, Ansbach, Schweinfurt and Garmisch

October 28, 2009

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### Bring the kids!

Join Brig. Gen. Steven Salazar, commander, Joint Multinational Training Center and Col. Nils Sorenson, commander, USAG Grafenwoehr, today, at 4 p.m., in the Grafenwoehr Field House (Building 527) as they re-dedicate this community's commitment to caring on the Army Family Covenant pledge.

The afternoon event will also include highlights of the garrison's efforts in making the Army Family Covenant a reality followed by cake and refreshments.

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# First wave returns home



Photo by Mark Heeter

**Staff Sgt. Cordney Anthony, Headquarters and Headquarters Company, 172nd Support Battalion, and his wife Sabrina share a moment with their 9-month-old son, Isaiah, upon Anthony's return from Iraq, Oct. 12. More than 100 Soldiers from the advance party returned from their 12-month deployment and will prepare to receive the remainder of the brigade over the next several weeks.**

**Over 100 Soldiers from 172nd Infantry Brigade arrive after a yearlong deployment**

by **Pfc. AUDREY GLYNN**  
*172nd Infantry Brigade Public Affairs*

In the early hours of a cold, wet morning, Oct. 12, nearly 100 family members and rear detachment Soldiers waited patiently at Grafenwoehr Physical Fitness Center.

Shortly after 2 a.m., 102 Soldiers from 172nd Infantry Brigade's Advanced Echelon, also known as ADVON, marched into the gym amid fog, loud music and a thunderous applause. After 12 months of deployment, the first group of 172nd Soldiers was finally home.

"ADVON is made up of Soldiers who are hand-picked from each unit to help the cadre on rear detachment prepare for the arrival of the rest of the brigade," said Lt. Col. Eric Stetson, 172nd Infantry Brigade rear detachment commander. "They assist in setting up the barracks, the arms rooms, and any other systems that are needed or required to bring everyone else back."

Deborah Cousino, with her sons in tow, Braiden, 7 months, and Noah, 2, waited for her husband, Sgt. Sean Cousino, 2nd Battalion, 28th Infantry Regiment.

"This was our second See COMMUNITY Page 28

# Soldier rescues injured motorist

Story and photo by  
**MARK HEETER**

*USAG Schweinfurt Public Affairs*

While driving on a four-lane highway near Conn Barracks Oct. 8, a Schweinfurt-based wounded warrior dashed into the road to rescue a woman who was involved in a car accident and had staggered into oncoming traffic before collapsing.

"The car in front of me went through the red light, got sideswiped and spun both cars around," said Sgt. 1st Class Ammala Louangketh, who is assigned to Company D, 1st Battalion, 2nd Infantry Regiment, and is recovering from a gunshot wound suffered

in Iraq earlier this year.

Louangketh, a former drill sergeant who has had basic combat lifesaver training, saw the woman hit her head on the passenger-side windshield before the vehicle came to a stop.

"She stumbled out and was dazed and confused, got out of her vehicle and was almost hit by an oncoming car in the other lane," he said. "She collapsed in the middle of the road."

After picking up the victim and carrying her to his own vehicle, Louangketh went to check on her husband, the driver, who was trapped and unconscious against the crushed door.

"I went back to the lady. She came to and was going into shock," said



**Sgt. 1st Class Ammala Louangketh came to the aid of an injured motorist involved in an accident.**

Louangketh, who, by this time, noticed several vehicles had slowed down but not stopped to offer assistance.

"Finally, a captain showed up and assisted me. He checked on her husband, who was still in the driver's seat, stuck," he said.

"I wasn't shocked at all. I just reacted to it," said Louangketh, who had begun to treat the female victim for shock by using his bag to prop up her feet, loosening her restrictive clothing, covering her with blankets, and reassuring her in a calm voice, although the victim spoke neither English nor German.

Understanding at least part of his calm demeanor under such extraordinary stress requires a glimpse back to

See SOLDIER Page 28

# Staying proactive keeps H1N1 at bay

by **JEN WALSH**

*BMEDDAC Public Affairs*

With confirmed cases of the H1N1 virus throughout the Bavaria footprint, the Bavaria Medical Department Activity is encouraging beneficiaries to stay calm and take proactive measures in preventing the spread of the virus.

"The H1N1 virus is contagious and most of the influenza cases we're currently seeing are from the H1N1 strain," said Capt. Joseph Woodring, chief of preventive medicine. "This is a reason to be concerned, but not a reason to be alarmed."

According to Woodring, the majority of people affected by the H1N1 virus will experience mild to moderate flu-like symptoms.

**Capt. Woodring, Bavaria Medical Command, will update listeners on H1N1 on AFN-Bavaria AM 1107 or FM 98.5, Oct. 29, from 8-10 a.m. Starting at 9 a.m., community members can call DSN 476-3176 or CIV 09662-83-3176 with questions.**

These symptoms generally include a fever higher than 100.5°F plus influenza symptoms such as: headache; extreme tiredness; dry cough; sore throat; runny or stuffy nose; muscle aches; and sometimes diarrhea and vomiting.

"I recently caught the H1N1 virus and was pretty sick for about two days," Woodring said. "Do your best to prevent yourself from getting the flu and get the H1N1 vaccine when it is available."

Woodring recommends people

take several proactive approaches to preventing the flu such as: avoiding people who are sick; frequently washing your hands with soap and water or hand sanitizer throughout the day; covering your nose and mouth when you sneeze and cough; and avoiding touching your nose, mouth and eyes.

"There's always a chance you'll still get sick, but following these measures will greatly reduce your chances," Woodring said.

See HYGIENE Page 28

# Halloween tips for ghouls and goblins

by **Col. LESLIE G. HUCK**

*European Regional Veterinary Command*

Halloween is all about snacks and candy, but there may be some hidden food safety dangers to trick or treating or Halloween parties that parents and children should be aware of. Here are some food safety tips to follow in order to have a happy Halloween.

Children should not go trick-or-treating on an empty stomach. This will help prevent snacking on any candy while they are out. Try and give them a light snack beforehand. Children should wait until they get home and

See SAFE Page 28



COMMANDER'S MESSAGE



# H1N1 is here: Grafenwoehr community asked to contribute to its containment

H1N1 is a new addition to our community, and we are seeing a sharp increase in the number of cases. Two weeks ago, we officially activated our pandemic contingency plan to get ahead of the spread. We now need everyone's help to understand this novel influenza: its signs, symptoms and treatment (what it is and what to do). In conjunction with Bavarian MEDDAC, our community's Pandemic Influenza Action Team consists of all tenant units, agencies and directorates. The PAIC will monitor the disease and synchronize preventative measures to limit the spread. Containing this flu will require everyone's assistance, and this begins with educating ourselves about the disease. There are many sites that provide official information and we have assembled MEDDAC-approved references on our Web site, grafenwoehr.army.mil - select the H1N1 box (www.

grafenwoehr.army.mil/H1N1.asp). Know who is at high risk and how we can protect ourselves. Community health and safety are our priority. We've already seen snow this month, and many of our newcomers may not realize that special precautions must be taken. Winter tires (or all season at a minimum) are required by law in the State of Bavaria. We have posted information on our Web site Safety page, or you can contact our garrison Safety Office at DSN 475-7769 or CIV 09641-837769. Our staff is also reviewing the winter delay and closure procedures to ensure we can keep our garrison and drivers safe by clearing our roads and parking areas. For road conditions and closure status, please call DSN 475-ROAD (7623) or CIV 09641-83-7623. You may also listen to AFN radio for winter information. Fall also brings many events that are



important to our military, national and international communities. **Army Family Covenant** We invite you to our Army Family Covenant rededication ceremonies at Hohenfels, Oct. 27 and Grafenwoehr, Oct. 28. The times and locations are posted in the respective community newsletters. Bring the kids for cake and learn more about the garrison's efforts in making the Covenant a reality. Our senior commander, Brig. Gen. Steven Salazar will sign the covenant as our personal commitment to ensure quality of life efforts such as medical care, housing, services and programs meet your needs and exceed your expectations. **Fall of the Wall** Also, mark your calendars for Nov. 9 and 10. On Nov. 9, we will commemorate the 20th anniversary of the "fall of the wall" in Berlin with our own ceremony on East Camp. The City of Grafenwoehr will join us with the 709th MP Battalion, which has a piece of the Berlin Wall on display outside its

headquarters. This is a very special anniversary for our German neighbors, so please join us for the memorable event. Also Nov. 10, we will honor Veteran's Day with a ceremony on East Camp led by the local Veterans of Foreign Wars organization. Please watch our Web site and community newsletter for times and locations. We also have good news about our ICE program. We all help make our programs and services the best in Europe by providing our input. To make it easier to provide comments, we will be placing new boxes at convenient locations throughout the installation during the next few weeks. And don't forget, you can always provide your comments through the Web site. Our community support keeps us Army Strong!

*Col. Chris Sorenson  
Commander, U.S. Army  
Garrison Grafenwoehr*

CSM CORNER



## Halloween planning should include safety

With Halloween just around the corner, this weekend is a time for fun and celebration as well as planning and prudence. As the children of the community get dressed in Halloween costumes for Trick-or-Treating and Halloween parties, both parents and children must keep in mind several things to stay safe. The hours for Trick-or-Treating in government housing areas are from 5-7 p.m. Know the rout your child will be taking while Trick-or-Treating and make sure children under age 12 are accompanied by an adult. Children should also be instructed not to eat treats they collect until parents have inspected them. Because Halloween night may be a busy time for both pedestrians and drivers, parents should also talk to their kids about things they can do to stay safe. Cross the street only at



pedestrians cross walk and always remove any masks before crossing so you can see the traffic. Children should also never enter a stranger's house. Drivers: keep our community Army Strong by staying Army Safe! Use extreme caution on Saturday while out and about. Avoid driving during trick-or-treating hours from 5-7 p.m. Children's costumes are often dark and difficult to see and masks often limit their vision of cars. To help light the way for Trick-or-treaters, our Military Police from the community will also be passing out chemlights at 6 p.m. at several locations in Netzaberg, and on post at South Camp and East Camp locations. For more information about trick-or-treating, see the garrison's Web site and the daily community newsletter. On the newsletter, you will also find a listing of all the Halloween

and Harvest Festival events for all members of our community. As we celebrate the season, please also remember the garrison's Fall Cleanup effort running this week through Friday. While you should have already begun cleaning up your yard and home, remember to continue to make the appurtenance of our communities a priority by picking up both your personal space and shared community areas. Today through the end of the week, most Soldiers and employees will also be required to participate in cleanup of work areas. Be in touch with your building coordinator for times and dates. Help clean up and make this garrison be the best place to live, work and train! In addition, I ask you to also contribute to your community by taking the Living Pattern Survey which is critical to influencing your Cost of Living Allowance rate. This is extremely important as it helps determine how much COLA you will receive in your paycheck. Do your

part and take the survey. Find it on our garrison Web site, www.grafenwoehr.army.mil. The Combined Federal Campaign is now in its 4th week! Please consider donating to this cause - the most successful workplace charity campaign in the world. Please contribute a one-time donation, or have the funds deducted automatically from your pay. Encourage other to contribute as well. Visit www.cfccoverseas.org or contact our local campaign manager, Christine Nunez, at DSN 475-8432, CIV 09641-83-8432 for more information or to contribute to the betterment of our community, country and world.

*Command Sgt. Maj.  
William Berrios  
CSM, U.S. Army  
Garrison Grafenwoehr*

## Distracted driving creates unnecessary hazards

USAG Grafenwoehr Public Affairs  
Press Release

A new garrison policy letter, "Driving While Distracted," was signed Oct. 6 by the Garrison Commander Col. Nils Sorenson. The policy outlines what activities are prohibited while driving and references the recently issued Executive Order "Federal Leadership on Reducing Text Messaging While Driving," dated Oct. 1. The garrison policy is designed to reduce activities that may divert drivers' attention. "Our garrison policy specifies three distractions, hand-held cell phones, excessive noise and texting that are potentially hazardous for drivers and punishable per AER 190-1, 'Driver and Vehicle Requirements and the Installation Traffic Code for the U.S. Forces in Germany,'" J.P. Meier, acting director, Garrison Safety Office, said. "The National Highway Traffic Safety Administration stated recently that driver distraction was involved in 16 percent of all fatal accidents in 200, which includes texting, cell phone use, eating, drinking,

daydreaming and arguing with a passenger." While the policy prohibits the use of hand-held phones by individuals driving and riding bicycles, it does allow the use of hands-free speaking systems. "Hand-held phones may only be used when the vehicle is stationary and the motor is turned off," Meier added. Excessive noise refers to vehicle sound systems. "If your music can be heard more than 10 feet from your vehicle while your windows are up, it's too loud and could interfere with your hearing emergency sirens or other warnings," Meier said. Other examples of excessive noise include racing motors or squealing tires. According to Meier, text messaging is the fastest growing driver distraction. Text messaging causes drivers to take their eyes off the road and at least one hand off the steering wheel. "If people really think about the responsibility of piloting several thousand pounds of steel and glass with one hand at any speed, they would realize

how dangerous and crazy texting is - not only is your life in danger, but the life of your children, or someone else driving could be lost because you 'took a few seconds' to text." The "Driving While Distracted" policy applies to all Soldiers, family members, government employees, contractors, organizations and units assigned or TDY to Grafenwoehr installations. Violators of this policy may be subject to administrative actions for punishment under the Uniform Code of Military Justice. "The military police have been and will continue to aggressively enforce AER 190-1, which covers the restrictions in the policy letter," said Jim Vaughn, operations officer for the garrison's Directorate of Emergency Services. Garrison policy letter 32 can be downloaded from the Garrison Intranet site at www.grafenwoehr.army.mil/policies/32.pdf. For more information or questions concerning the policy, contact John Meier at DSN 475-7769, CIV 09641-837769, or e-mail john.meier@eur.army.mil.

## Community celebrates strength in diversity

USAG Grafenwoehr Public Affairs  
Press Release

Starting in November, and each month thereafter, the Joint Multinational Training Command and USAG Grafenwoehr will celebrate a "Salute to Diversity," featuring diverse groups of individuals through AFN and garrison media; individuals who contribute to and comprise the total diverse force. While this salute to Army diversity has a timeline to celebrate diversity, it is neither a campaign nor a program, but rather a timeless theme echoing the unique strength that we as an Army and a nation possess. Army diversity is based on the different attitudes, experiences and backgrounds of our Soldiers, family members and civilians that further enhance our global capabilities and contribute to an adaptive, culturally astute Army. The following are excerpts from the 2009 Army Policy on Diversity available at www.army.mil. Men and women who serve our great Army come from all walks of life. While each thinks differently and brings different attributes and characteristics, together they make up the best Army in the world. Diversity is a major strength of our Army. Our Army is the strength of this nation. Our reflection of the nation's diverse talent and our commitment to Army Values empower us to achieve the Army's Diversity Vision: "The national leader in embracing the strengths of diverse people in an inclusive environment." As we continue to strengthen the knowledge and understanding of the diversity within our ranks, not only will our strength, versatility and efficiency be amplified, but we will be more effective at understanding the cultures and environments where we serve.

## Bavarian News

Grafenwoehr, Hohenfels, Ansbach, Schweinfurt, and Garmisch

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Netzaberg Middle School eighth grade Emerging Leaders Abbey Neely (left) and Phillip Ramirez finish cutting 600 feet of red ribbon and bag before tying it to the fence, Oct. 19.

# Netzaberg students say ‘Drug free is the key’

Story and photos by  
**AMY NEWCOMB**  
*Bavarian News*

“Drug Free is the Key.” This is the theme for 2009 Red Ribbon Week, the oldest and largest drug prevention campaign in the United States.

Red Ribbon Week originated in 1985 to celebrate the memory of Drug Enforcement Administration undercover agent Enrique “Kiki” Camarena, who gave his life fighting against drug trafficking and drug abuse in Guadalajara, Mexico.

Only a few months after Camarena’s murder, Congressman Duncan Hunter and Camarena’s friend, Henry Lozano launched “Camarena Clubs” in Calexico, Calif. Hundreds of the “Camarena Club” members pledged to lead drug-free lives. These pledges kicked off the tradition of Red Ribbon Week.

The first Red Ribbon Week celebrations were held locally in California at the end of October 1985. One year later, Californians for Drug-Free Youth, Inc. sponsored the first statewide celebrations of Red Ribbon Week. In 1988, President and Mrs. Reagan served as honorary chairpersons for the first National Red Ribbon Week coordinated by the National Family Partnership.

Every year more than 80 million people participate in Red Ribbon Week events. Communities unify to show their intolerance for drug use by decorating buildings in red, handing out red ribbons, holding parades or community events and leading healthy lifestyles.

Along with individuals who celebrate Red Ribbon Week, many organizations donate their time to this cause. The DEA has joined with community coalitions and prevention groups across the country helping to plan and carry out Red Ribbon Week activities from classroom events to stadium-sized rallies.

Red Ribbon Week activities were celebrated by Netzaberg Middle School

students and staff from Oct. 19-24. NMS’s Adolescent Substance Abuse Counselors, Nancy Nolin and Kathy South, along with students of Emerging Leaders, worked hard to bring awareness to the Netzaberg community and NMS students.

“If other students see Emerging Leaders working to promote being drug and alcohol free then it sends a powerful message to the other students . . . hopefully that concept will have a ripple effect,” Nolin said.

This is the first year at NMS for the Emerging Leaders group, which was established by Nolin. Currently comprised of 13 students who have been identified this academic year by teachers and school administration as having leadership qualities, they worked hard to engage fellow students in activities during Red Ribbon Week.

According to Emerging Leader, Phillip Ramirez, planning the celebrations for Red Ribbon Week went well. With the help of Ramirez’s fellow students in Emerging Leaders the group hoped to be a good example to the rest of the school. “We’re the role models for the other students,” Ramirez said.

NMS students tied red ribbons to the fence surrounding the school which faces toward the Netzaberg community, Oct. 19. Emerging Leaders worked diligently to cut all 538 ribbons that were handed out to students prior to the ribbon tying and to assist with tying them to the fence.

In addition to cutting over 600 feet of red ribbon, the Emerging Leaders spent their lunch breaks counting and organizing other Red Ribbon handouts so that all the students at NMS would receive these items in a timely manner. “To give up lunch time is a big commitment for a middle school student because you are asking them to give up their ‘socializing’ time to work on a big project. These students have been willing to do just that,” Nolin said.

As Red Ribbons were being tied to the fence at NMS Monday afternoon, a demo car



Netzaberg Middle School seventh graders Ariel McIntire (left) and Shayla Washington tie red ribbons to the fence surrounding NMS to celebrate Red Ribbon Week, Oct. 19.

was delivered and placed on school grounds. The wrecked car showed students and the community the consequences of driving while under the influence of drugs and alcohol.

Two Red Ribbon Week rallies were held at NMS Oct. 21. Guest speaker, Command Sgt. Maj. Hu B. Rhodes, commandant of U.S. Army Garrison Grafenwoehr’s 7th Army NCO Academy, gave coins and certificates to Red Ribbon contest winners.

Contestants typed a 500-word essay using the theme, “Drug Free is the Key.” Three first place winners were chosen from the student body at the middle school. Not only did the winners receive a coin and certificate from Rhodes, but also received an Aafes \$5 gift certificate and a “To The Front Of The Line” cafeteria pass for one week during their lunch time.

In addition to the essay contest, a poster contest was held with similar awards for the winners.

Throughout the rest of the week, Nolin and South passed out “Choose To Be Drug Free” wristbands, “Celebrate Red Ribbon Week” pencils, and “Pledge to be Drug Free” stickers and bookmarks to NMS students.

Several students also created an antismoking bulletin board in the school’s front foyer to educate students on the harmful effects of smoking.

The Knights’ connection newspaper, published by and for NMS students prior to Red Ribbon Week, highlighted Red Ribbon Week events. Many students from Emerging Leaders shared their thoughts with NMS student body through the paper hoping to pound the message home about drug and alcohol use.

According to Meraleigh Randle, the theme for this year’s Red Ribbon Week, “Drug Free is the Key” couldn’t have been more appropriate. “The key to success is having the ability to contribute and give your best efforts in school, work and life,” Randle said. “Being drug free puts you in control of your life.”

While Red Ribbon Week is a weeklong celebration to focus on prevention, the Adolescent and Substance Abuse Counseling Program is based in the school to provide preventive education via Life Skills classes, as well as provide supportive counseling and psychoeducational groups for students and family members throughout the year.

## Student pens meaning of being drug free

by **ALYSSA SHANNON**  
*Special to the Bavarian News*

Drug free is the key. The key to what? Your hopes? Your dreams? These are both true, but I think that being drug free is the key to much more. It is the key to your pride, your future, and, of course, your good looks. Taking drugs can ruin all of this.

It may seem cool and maybe even fun – until the symptoms catch up with you. It all depends on what you take. Tobacco can make your teeth yellow and rotten, make you appear older than you are, and give you less physical endurance than many nonsmokers. It can also cause various types of diseases such as: coronary heart disease, gum disease and several types of cancer.

You might as well be paralyzing your body if you are going to take any drugs. The point is that drugs hurt a lot more than they help. Some can kill you the first time you use them, such as inhalants.

The question you need to ask yourself is: Will this really help me? If the answer is no, then you should say



Shannon

no. Be sure to think it through very carefully and if you have trouble with whether it is or isn’t right, then chances are that it isn’t.

Peer pressure is one of the main reasons that many kids begin using drugs. It does not matter if your best friend is using or not. All that matters is whether you are using or not. You should listen to your own voice and not anyone else.

poison yourself.

There is a big difference between drug use and drug abuse, even if it is the exact same medicine.

For example, if you have the flu, and your doctor prescribes you medicine, it is okay to take it when you are supposed to. If you take that same medicine, and use it all, way before it is supposed to be done, then that is not okay. It all has to do with how and when. Do not get drug use and drug abuse confused.

People that do drugs are more likely to break the law than people who do not. They are also more likely to get pregnant before they turn 18. Not only that, but their babies are more likely to have health issues. The drugs also cost a lot of money and people that use them are more likely to get into debt.

If you are drug free, you can do more things, and lead a better life. You can have fun and pursue your hopes and dreams. You are more likely to live a longer and healthier life.

*Editor’s Note: Alyssa Shannon’s essay won first place in NMS’ “Drug Free is the Key” essay contest.*



# The Eagle soars to FM stereo in Grafenwoehr

by **NICK D’AMARIO**  
*USAG Grafenwoehr Public Affairs*

Beginning Tuesday, Armed Forces Network’s The Eagle radio station will vacate its home at AM 1107 and be available on the FM 98.5 broadcast frequency in the U.S. Army Garrison Grafenwoehr area.

Radio listeners will receive music, entertainment and news in stereo-quality sound, and the new FM frequency brings the added value of being accessible by car radios with U.S. specifications.

In addition, car radios equipped with a Radio Data Service will show “AFNEagle” on the digital display.

PowerNet, AFN’s second radio station which features news talk services such as National Public Radio, Car Talk and political commentary shows, will replace The Eagle at the AM 1107 frequency.

Rainer Wunderlich, AFN Bavaria’s chief engineer, has been busy making this change possible for quite some time - obtaining radio frequencies that will benefit Soldiers, families and civilians stationed in its Bavaria broadcast footprint.

“It’s extremely hard for us to get new radio frequencies for Americans in Germany, Belgium or Italy, but we are dedicated to improving the information and entertainment needs of our American communities wherever possible,” said Wunderlich.

“Wunderlich has had a spectacular rate of success, considering the coordination that’s required with the State of Bavaria, the low availability of U.S.-

friendly frequencies, funding and transmission tower placement requirements,” said Tony McKinney, AFN Bavaria’s operations chief.

For example, Garmisch recently launched PowerNet on AM 1485 in addition to the existing FM station; USAG Ansbach and USAG Schweinfurt acquired an FM frequency; and Wunderlich is seeking to obtain an FM frequency for USAG Bamberg.

When Wunderlich started the process for acquiring an FM frequency for USAG Grafenwoehr in 2007, he already started looking for a location at the highest possible point for FM broadcasts.

“I started by talking to officials at range control to determine if it would be possible for AFN Bavaria to use the Bleidorn tower in the Grafenwoehr Training Area as the possible broadcast station,” said Wunderlich. “George Linka (HQ JMTC and the GTA Range Control Air Liaison Officer) was extremely cooperative, and by the time we received approval from the State of Bavaria in 2009, all funding and logistical issues had been resolved and we were ready to install the broadcast equipment,” he said.

“We are grateful to USAG Grafenwoehr for their funding support for the installation of the outdoor equipment rack,” said Wunderlich.

AFN-Europe funded the FM antenna and its installation at the Bleidorn observation tower, to include all related broadcast equipment.

Listeners in Garmisch can now tune in the PowerNet, News and Information, on AM 1485. They’ll continue to hear AFN’s music service, Eagle Radio, on 90.3 FM.



Courtesy photo

**AFN Bavaria’s chief engineer, Rainer Wunderlich, fine tunes the FM broadcast signal during prelaunch testing of the new FM 98.5 AFN signal for U.S. Army Garrison Grafenwoehr.**

## NCOs honored for efforts in mentoring, educating

Story and photo by  
**Staff Sgt. PATRICIA DEAL**  
*USAREUR Public Affairs*

His first “classroom” was a few Soldiers meeting under an overhang at a forward operating base in Iraq. The next time a few more came with

some scrap wood for makeshift tables. The next time even more came, many bringing their own chairs.

Ultimately, 1st Sgt. John Gutierrez’s educational outreach went from just over 30 students a month to almost 200.

They now meet in solidly built

structures for lunchtime, dinnertime and evening classes.

“It was all because Soldiers wanted to learn,” Gutierrez said. “No matter where they are, no matter how many hours they work, they can manage to make time for their education.”

And as long as they want to learn, Gutierrez wants to teach Soldiers.

Gutierrez, first sergeant for Schweinfurt, Germany’s Headquarters and Headquarters Company, 9th Engineer Battalion, is currently deployed to Iraq with the 172nd Infantry Brigade Combat Team.

“Nothing gives me greater satisfaction than to have a Soldier come back to me and say, ‘Hey, first sergeant, you know what you taught me in your class? It really does work,’” he said.

As an employee of Central Texas College, Gutierrez was instrumental in growing the educational program in his area from a handful of students to hundreds, from one class a month to nine, from one instructor to nine.

For his efforts in bringing education to the Soldiers, Gutierrez was awarded the 2009 Strickland Educational Leadership Award, Oct. 6, during the Association of the United States Army’s annual conference in Washington, D.C.

Gutierrez, one of three NCOs selected for the SELA Armywide, flew

in from Iraq to receive his award.

Another U.S. Army Europe Soldier, Sgt. 1st Class Lumanai Snow was also selected.

Snow served as the personnel NCO-in-charge of the 2nd Stryker Cavalry Regiment’s Regimental Support Squadron in Vilseck, Germany, and is currently en route to her new duty station in Hawaii.

The SELA is awarded each year to NCOs who exemplify the Army’s vision of shaping future leaders through education and mentorship, said Command Sgt. Maj. (Ret.) Jimmie Spencer, AUSA’s director of NCO and support programs.

The SELA honors the memory of Sgt. Maj. Larry L. Strickland, a victim of the Sept. 11, 2001 terrorist attack on the Pentagon. Strickland had served as the sergeant major for the Army’s office of the deputy chief of staff for personnel.

“It truly is an honor to receive this award. I have been fortunate in my career to have leadership who emphasized the importance of education to me, and I want to pass that along to other Soldiers,” Gutierrez said.

“I really believe that the Soldier who goes to school, who studies hard, who continues to learn, is the Soldier who is going to achieve great success.”



**Sgt. Maj. of the Army Kenneth Preston (left) presents the 2009 Strickland Educational Leadership Award to 1st Sgt. John Gutierrez of the 9th Engineer Battalion during the Association of the United States Army’s conference in Washington, D.C., Oct. 6. Gutierrez and Sgt. 1st Class Lumanai Snow, 2nd Stryker Cavalry Regiment, were two of just three Soldiers from across the Army to earn this year’s award.**

## Dining facilities see changes, make improvements

by **JOY AWE**  
*Special to the Bavarian News*

Important changes are coming to local dining facilities. The Directorate of Logistics’ new U.S. Army Garrison Grafenwoehr Service Action Plan has outlined improvements in traffic flow, atmosphere and décor, operating hours, and food quality.

Among the changes directly affecting food quality and selection are a new cyclical menu and refresher training offered yearly for cooks returning from deployment or new cooks fresh from Advanced Individual Training. Weeklong training sessions will include theory lecture and hands-on work in the kitchen.

The new menu in the DFACs will feature a 21-day cycle that is repeated over time. This allows dining facilities to reduce the number of food items that must be kept in inventory, reduces administrative work, and helps cooks to be more familiar with the dishes they are preparing - improving the overall meal quality.

As a result of Interactive Customer Experience comments, operation hours have changed to fit Soldiers’ busy schedules. Dining facilities are now serving dinner until 6:30 p.m. in the evenings. In addition, the two South Camp dining facilities will have staggered hours to allow for a longer window for breakfast and lunch.

Dining facility attendants and cooks will be receiving new uniforms, enabling customers to more easily distinguish dining facility employees.

New furniture and décor is being installed at

both South Camp dining facilities to include flower boxes, centerpieces, new window coverings, new tables and chairs.

Computerized point-of-sale stations will decrease the waiting time patrons experience when entering the dining facility. Touch screen computers will replace the current pencil and paper system and allow attendants to take a more accurate headcount to plan for future meals.

“This should streamline the process, speed it up, reduce the amount of errors in the paperwork,” said Sabrina Paige, Grafenwoehr Installation Food Program Manager.

A new field feeding plan will get meals to Soldiers training in the field without straining the DFAC staff. While the DFAC used to prepare food for many units and then deliver it, now “the food will be prepared on site when they’re training - in the training kitchens instead of (the dining facility),” said Ana Wallace, Grafenwoehr Installation Food Service Officer. “They can just go to the field kitchens, get their food, and go right back, so that cuts down on their time also and reduces travel.”

The Grafenwoehr dining facility layout is being modified to be more user-friendly. While the ice cream station will be moved into the dining area, the short-order area will be opened up so that diners don’t have to double back, and the drink station will be turned around to face the tables.

Side dishes will be self-service and will be arranged into two serving areas with lines on both sides so that more diners can serve themselves simultaneously without creating bottlenecks.

Traffic is expected to increase significantly with additional units arriving home from Iraq in the coming weeks, and the new layout hopes to minimize overcrowding and make service more efficient.

A second entrance is now available at the Grafenwoehr DFAC as well. With winter weather on the horizon, dining facility management wanted to ensure that customers were not stuck outside waiting to get in, and the new entrance will enable waiting customers to line up indoors and closer to the parking area.

Hand sanitizer dispensers will be placed at all dining facilities to help prevent the spread of illnesses. In East and South Camps, these dispensers are already in place, located between the entrance and the serving line.

USAG Grafenwoehr will also be hosting this year’s Installation Management Command-Europe Culinary Arts Competition Nov. 2-20. Each garrison throughout the European theatre will submit a team and the winners will go to Ft. Lee, Virginia to compete in the Army-wide competition.

“Our motivation is to improve the service, not only to the Soldiers, but to the family members and all the customers we have in the garrison,” said Wallace.

“The food service industry is moving so fast, and us, food service in the military, had to decide how to keep up a little bit with the industry, because that’s what the customers are looking for.”

While some of the changes mentioned have already taken place, dining facility management hopes to implement the rest of the Service Action Plan in the next year.

### Spotlight on Education



**Name:** Marcus A. George

**What grade and subject do you teach?** Career Practicum and Advanced Physical Education Conditioning

**How long have you been a teacher?** 35 years - 22 of them with DoDDS.

**What do you enjoy most about teaching?** Having the kids take ownership and passion of their lives and to see the light come on -- that is probably the most fun part.

It is not so much what we know, but what the kids know.

**What advice can you give students to help them succeed?**

Set goals; plan where you want to be at a certain amount of time.



# RSS goes for German-style gold

Soldiers bond and practice weapons proficiency with German counterparts at Schutzenschnur

Story and photo by  
**Spc. JERRY WILSON**  
*2SCR Public Affairs*

More than 25 Soldiers from the Regimental Support Squadron (RSS) of the 2nd Stryker Cavalry Regiment traveled to Pfreimd, Germany, recently, to enjoy some quality time with their German counterparts, participating in a weapons qualification event known as the Schutzenschnur.

Hosted by the RSS partnership unit, Combat Support Logistics Battalion 4, the Schutzenschnur is the German Armed Forces badge for weapons proficiency.

To earn the coveted badge, Soldiers must successfully qualify with the German service rifle (G36) and the German machine gun (MG3).

The award is broken down into three grades: gold, silver and bronze. The overall score for each Soldier determines the award he or she receives.

The coveted Schutzenschnur rope is one of only three German medals authorized to be worn on a U.S. service member's Class A uniform.

According to German Master Sgt. Stefan Hagel, one of the event hosts, the day wasn't about competition, it was more about brotherhood.

"Today is all about partnership," Hagel said. "This is a day to get people together and see how we can work together and get to know each other."

Hagel stressed the importance of Soldiers connecting on a personal level.

"I have often been in contact with U.S. forces through partnerships," he said. "Meeting people from other countries means learning about different cultures and different points of view."

Sgt. Mark Ellis had been waiting



**Sgt. Karla Rivera of RSS Company, 2nd Stryker Cavalry Regiment, practices aiming the German MG3 machine gun during the Schutzenschnur.**

to compete in a Schutzenschnur for a long time.

"This is my third tour in Germany," he said. "This the first time, in six attempts, I have been able to get a slot, so I am excited to be here."

For Sgt. Jayme Thompson, the event was a chance to do something he has never done before.

"I have never fired a machine gun before," he said. "I am used to firing a rifle and pistol, so it was a little different for me."

Thompson said despite his lack of familiarity with the weapon, he felt comfortable due largely in part to the help of his German counterparts.

"The guys on the line were really helpful," he said. "If you didn't know something, they went out of their way to teach you."



**Sgt. Mark Ellis shoots a G36 rifle during the Schutzenschnur.**

## CSM visits WarEagles and NCO Academy

Kolacz adapts Army's all-volunteer ideology, organization to improve Polish Land Forces

**Spc. JERRY WILSON**  
*2nd Stryker Cavalry Regiment Public Affairs*

The War Eagles of 1st Squadron, 2nd Stryker Cavalry Regiment received a visit recently from the command sergeant major of the Polish Land Forces, Command Sgt. Maj. Jaroslaw Kolacz.

While in Germany to speak at the Warrior Leaders Course graduation at the NCO Academy in Grafenwoehr,

Kolacz took the time out to meet with 1st Squadron's Command Sgt. Maj. Jeremiah Inmann.

Kolacz spent two days touring the 2nd Stryker Cavalry Regiment. During his visit, Kolacz and Inmann discussed NCO development.

"This was a chance for me to get to know the 2nd Stryker Cavalry Regiment," Kolacz said. "I wanted to see how they train, develop NCOs and organize training."

The sergeant major was very impressed with what he saw.

"All your training is based on experience and years of service in theater," he said.

"It's not only theoretical, it's practical."

Kolacz said he would like to see many of the techniques and procedures used by 2SCR incorporated into the changing face of his own army.

Kolacz said Polish Land Forces are in a transitional state, transforming from an army of conscript soldiers into an all-volunteer force earlier this year.

"We are in the process of improving our system," he said. "If we can solve some problems early by learning from an Army with professional privates, that makes it all the better."



**Regimental Command Sgt. Maj. Mark Morris, 2nd Stryker Cavalry Regiment, places a wreath at the base of the Dragoon Memorial during the remembrance ceremony, recently.**

## Dragoons remember fallen with 5K run

Story and photo by  
**Spc. JERRY WILSON**  
*2SCR Public Affairs*

Dragoon Soldiers gathered at Memorial park in Vilseck on a crisp, sunny morning, recently. Clad in their best running attire with their shoes tightly laced, these athletes gathered to pay tribute to their fallen brothers and participate in the Dragoon Foundation's Memorial 5K Fun Run.

According to Dragoon Foundation President Carrie J. Geitner, the foundation was established about a year and a half ago to raise the money to build the 2SCR memorial, which is the centerpiece of Dragoon Memorial Park. The organization has identified other needs throughout the 2SCR community and has developed four fundraising programs, one of which is the Honoring Fallen Soldiers program.

"The Honoring Fallen Soldiers program will continue to host events like this every year," Geitner said as she addressed the crowd at the day's event. "The program will also maintain the monument."

"We are so excited this event has been such a success this year," Geitner said. "We started this last year with our president standing on a picnic table at Little Mike Lake. Every year we are trying to make this event bigger and better."

Geitner stressed the true meaning of the event was one of honoring the fallen.

"This is an opportunity for the community to get together and remember these Soldiers who sacrificed their lives for all of us," she said.

Col. James Blackburn, the 75th commander of the regiment, kicked off the event and explained the course before blowing the official starters whistle.

"This is not just a three-year assignment," Blackburn said. "This is about being Dragoons for life. Not one of you wants to put your name on that monument back there," he continued, "but every one of you is proud that we have Soldiers like that in this regiment."

"Remember those guys while you are out here running today," he said. "Remember what today is about because it's about us and remembering the regiment."

Following the race, runners and spectators

gathered at the memorial for a wreath-laying service.

"Today is about remembering our comrades," said Lt. Col. Steve Soika, regimental executive officer. "Our comrades who stood next to us on Dragoon field before we left in August 2007. They didn't return with us. They didn't assume another job, didn't prepare for a PCS. They never had that marriage or started a family. They sacrificed," Soika continued. "They sacrificed to bring stability to a war-torn Iraq."

Following the ceremony, the top three runners in each category received medals, including Matthew Gleisner (1st), Levar Stratford (2nd) and Ross Morris (3rd) for the men's division; and Tiffany Hoffman (1st), Shobhna Singh (2nd) and Yoshimi Huntanar in the women's division.

The Foundation also recognized the youngest runners in the competition Maleik, 11, and Marcus Henry, 8, sons of Sgt. 1st Class Stainton Henry of FIRES Squadron.

The 3rd Squadron Wolf Pack won for most Soldier participation, and the RSS Squadron Muleskinners won the best squadron award.

**Our comrades who stood next to us ... before we left in August 2007 ... sacrificed to bring stability to a war-torn Iraq.**

**Lt. Col. Steve Soika**  
Regimental Executive Officer

**GO HOME !**

Visit the U.S. Army Garrison Grafenwoehr Web page, [www.grafenwoehr.army.mil](http://www.grafenwoehr.army.mil), for up-to-date news, events, contact information and much more.



# Simple steps can reduce identity theft

by **ALICE ADLER**

*Special to the Bavarian News*

Imagine trying to open a credit account at a major department store and discovering not only that you already have an account of which you were unaware, but that you owe several thousand dollars. Every year thousands of consumers face this very problem when they become the victims of identity theft.

Identity theft occurs when someone else steals your personal information and uses that information purchase items or commit fraud. Naturally, they never pay for their purchases, and the accumulated bills can ruin your credit.

What information does someone need to steal your identity? "Your Social Security Number, it's the only thing they need," said Primila Raja, personal financial readiness specialist with Army Community Service.

With just that little bit of information, someone can open credit card accounts and take out loans in your name. As more and more banking services become available online, it becomes easier for someone to steal your identity.

Other pieces of personal information

such as your bank account numbers and credit card numbers can be used by thieves as well, devastating your personal credit.

## Restricting access

Thieves obtain this information in various ways. They get information from papers in the trash, or by stealing your wallet or purse. Another way is through a process called phishing, where thieves send out e-mails pretending to be financial institutions or companies that claim to need your information to update their files. Sadly, according to Raja, the most common perpetrators of identity theft are family members who have easy access to your information.

Protecting yourself from identity thieves requires vigilance. Shred any document that contains your Social Security Number, bank account number any other piece of sensitive information.

"Once you throw it away, your trash is not private property," Raja warned. Examine what you carry in your wallet. "Think, if someone has it what can they do with it," said Raja. Do not carry your Social Security card or write your PIN numbers anywhere. Never reply to an e-mail that requests private information such

as bank account numbers. Legitimate financial institutions will never ask you to e-mail such information. Also be sure to monitor your credit card statement and bank statements every month, checking for irregularities.

Another important step is to be aware of the contents of your credit report. Each of the three credit reporting agencies, Experian, Equifax and TransUnion, will give consumers one free copy of their credit report every year.

Take advantage of this service and get a copy of your report with one of the agencies every few months. Check it over to make sure everything listed is an account that you opened.

## Reducing the damage

If you have become the victim of identity theft, act quickly. First, file a report with the credit card company or institution the thief has used. Next, file a police report and contact each of the three credit reporting agencies. Finally, notify the Federal Trade Commission, which tracks identity theft and keeps a database of identity theft incidents.

Being a member of the military presents some unique challenges when combating identity theft. The first challenge is the continual use of a service member's Social Security

Number as identification. Newer family member ID cards no longer list the family member's Social Security Numbers, but still list the numbers of their sponsors.

Because military ID cards must be carried and used by service members on a daily basis, be extra careful with your card and keep it out of the hands of thieves. If your card is stolen or lost, notify the military police immediately and contact the credit reporting agencies to put an alert on your accounts.

In addition, because service members are constantly relocating and establishing new accounts with phone companies, electric companies and other services, their personal information gets distributed more frequently than people who do not move as often. Finally, when service members move overseas, they often forget to check their credit reports or bank statements with as much regularity.

Raja's final tip: Keep a good relationship with your bank and credit card companies. People who keep a close eye on their accounts and a good relationship with their financial institutions are able to solve identity theft problems that do arise quickly and with the least amount of damage to their personal credit and their lives.

# Military students can earn Special Forces Tab

Special Warfare school opens 48 slots per year to reinforce relations

*JFK Special Warfare Center  
and School Public Affairs  
News Release*

Officers and noncommissioned officers from foreign militaries will again be eligible to earn the coveted Special Forces Tab in a move by the U.S. Army John F. Kennedy Special Warfare Center and School to continue a long tradition of integrating allied partners into Green Beret training.

In the early 1960s, Brig. Gen. William P. Yarborough, who then commanded the U.S. Army Special Warfare Center, began a robust program of interaction with partnership militaries.

The historical report of 1963 shows the Center and School hosted more than 1,100 international students from 54 countries in a variety of special operations training courses.

"The importance of these interactions with our partner nations, as established by Gen. Yarborough, are as necessary today as they were almost fifty years ago and are the impetus of the re-establishment of this program," said Maj. Gen. Thomas R. Csrnko, USAJFKSWCS commander.

"Having our partners in the course will enhance interoperability, foster relationships and reinforce

the importance of cross-cultural communications," he said.

"This January will see the return of our multinational partners to training alongside our U.S. students, and it's not a moment too soon," Csrnko said. "The interaction and interoperability that we get with our foreign partners is powerful, both for our Soldiers and the allied students that we will host from across the globe."

"Rejoining our allies in a single Special Forces Qualification Course is a logical extension of operational lessons and the basic principle to train like one fights," said Col. Curtis Boyd, USAJFKSWCS chief of staff.

Studies of operations in Afghanistan, Iraq and elsewhere have indicated allied partnerships and coalitions are indispensable to disrupting transnational terrorism and fostering democracy, said Boyd. U.S. and allied special operations forces have demonstrated their value and integral role in Irregular Warfare.

The Special Forces Qualification Course will provide opportunities for six international officers and six international NCOs to attend training four times per year, totaling 48 training slots per year.

Partner nation students will forego the first two phases of SFQC – Special Forces Assessment and Selection and language training – but will be required to meet all of the same standards in the remaining four phases set for U.S. Soldiers to earn the Special Forces Tab.



*Courtesy photo*

**International military students train alongside U.S. Army Soldiers during the Special Forces Qualification Course taught by the U.S. Army John F. Kennedy Special Warfare Center and School at Fort Bragg, N.C.**

In late 2005, the Center and School modified the SFQC and since January 2006, allied officers and NCOs have received specialized

training at USAJFKSWCS in a separate International Special Forces Training Course, which trained and tested many of the core Army

Special Forces tasks, but did not offer the same training as U.S. Soldiers received, and did not award the Special Forces Tab.

# Family life chaplains bridge the gap between Soldiers, families

by **Pfc. JENNIFER KENNEMER**

*16th Mobile Public Affairs Detachment*

A famous quote, from English poet John Donne, says, "No man is an island entire of itself; every man is a piece of a continent, a part of a main."

Similarly, no Soldier comes to the Army without a host of past experiences and some version of a family or network of friendships.

The sacrifices made in order to complete the mission are shared. As a military involved in a prolonged conflict, the biggest challenge the Army faces is developing the resiliency of its Soldiers and loved ones.

"It is very evident that relationships are under an immense amount of stress," said Chaplain (Maj.) Darin Nielsen, 1st Armored Division family life chaplain.

A division family life chaplain focuses on training battalion and brigade unit ministry teams on how to widen the unit's scope to minister and help Soldiers and their families.

Nielsen has been an active Army chaplain for more than 14 years and has a master's degree

in marriage and family counseling. Later this winter, 1st AD will deploy to Iraq for the third time, it will be the first time the division will have a family life chaplain in theater.

"Military life is stressful," said Nielsen. "Obviously, with a war going on and people being separated for long periods of time, many of whom go through traumatic events, we really need our counseling skills now more than ever."

The Army recognized the importance of counseling skills in the chaplaincy and selected chaplains with eight years of active duty service to enter a master's degree program that focuses specifically on counseling.

"Sixty percent of our job is counseling," said Nielsen. "It's not just teaching and preaching

but considering the whole person, and that means not just the spiritual."

**“ (Our job) is not just teaching and preaching but considering the whole person, and that means not just the spiritual. ”**

**Chaplain (Maj.) Darin Nielsen**  
1st AD Family Life Chaplain

other day, and he said that after each deployment it gets harder to come back together. I feel that is very telling."

Whether deployed or in garrison, the

chaplaincy remains a Soldier asset that is sometimes underutilized.

There are still Soldiers who think the chaplain only mentors on religious matters, said Sgt. Michael Lee, a 1st AD chaplain assistant.

"We are about meeting the Soldier's needs. Getting to the core," Lee said.

Lee works directly with Nielsen to achieve the family life mission and will provide security for the chaplain while deployed.

This is the first deployment for Lee, who said his biggest goal is to bring peace and stability to the Soldiers.

"Soldier-to-Soldier, I will tell them that it's important to stay the course and that when times get hard there is a safe place for them to come," Lee said.

In the end, the success of the Army relies on a network of support systems to keep Soldiers mission-capable.

"The more we work on the full person, the better off we are going to be in this war," said Nielsen. "And it's a marathon; we really have to take care of ourselves and each other."

**Have a story idea?**

Contact the Grafenwoehr Public Affairs Office at DSN 475-1600, CIV 09641-83-1600 about your upcoming events.



# Initiative improves quality of life

Story and photo by  
**KRISTIN BRADLEY**  
*USAG Hohenfels Public Affairs*

Responsibility for all single Soldier barracks at U.S. Army Garrison Hohenfels will soon transfer from units to garrison employees — a change that will make a big difference in the lives of single Soldiers and their first sergeants.

As part of the Army’s First Sergeant’s Barracks Initiative, a five-person team within the Department of Public Works Housing division will soon be responsible for all administrative responsibilities of Hohenfels barracks, freeing units and first sergeants of the large workload associated with running them.

Under the new system, barracks management will be similar to that of off-post quarters: housing will be in charge of checking tenants in and out, preparing vacated rooms for new tenants, keeping track of furniture and repairs and other duties.

Perry Clark, Hohenfels FSBI manager and retired command sergeant major, said transferring responsibility for the day-to-day operations of barracks will allow first sergeants more time to focus on other priorities.

“Unit leaders will still have a presence in the barracks to maintain health and welfare, this is just taking away their administrative responsibilities so they can do what they are supposed to

be doing, which is focusing on their wartime mission,” said Clark.

The program was also established to standardize Soldiers’ living conditions throughout the Army.

Before, every unit had its own barracks standard operating procedure. Now there is one SOP for the garrison.

“This is a holistic approach to standardizing quality of life and upgrading current living conditions to meet that standard for single Soldier housing,” said Clark.

Now at Hohenfels, five full-time employees ensure the barracks meet the high standard of living requirements. Prior to a Soldier vacating his room, a housing official will inspect the room, making note of any damages. Soldiers will be held accountable for any damages they cause in the room. A cleaning and maintenance crew will inspect the room, and, if necessary, make repairs, repaint walls and update furniture.

Clark said he and his team are adamant that no Soldier be placed in an inadequate room.

While the Hohenfels FSBI team works to ensure all rooms meet the standards, it is also busy raising the bar for temporary lodging.

When a new Soldier arrives at Hohenfels, no matter what time or day of the week, he is placed in an FSBI-run transit room kept to the same standards as permanent barracks rooms.

Instead of units having to find a place for their new Soldier, Clark and his team



**U.S. Army Garrison Hohenfels Department of Public Works employee Frank Obletzhauser prepares a vacated room in the barracks for its new tenant. As part of the First Sergeant’s Barracks Initiative, DPW’s Housing office will be responsible for all barracks on post, including cleaning and updating them between tenants.**

place the Soldier in a room complete with pillows, linens, blankets and toiletries provided by Army Community Service. The rooms even have a wall locker to secure valuables. The next morning, the Soldier will clear out of his transit room and sign for the keys to his new barracks quarters.

During the Soldier’s time in the barracks, housing and DPW will be responsible for any maintenance, though Soldiers will still be required to report work orders.

For now, these procedures apply only to buildings already taken over by housing: 16 of the 34 total single Soldier buildings on post, with plans to complete the remaining transitions

by Christmas.

One of the most recent barracks to transition to FSBI control are those of the 527th Military Police Company.

Cpl. Chrystal Sowell, a supply technician with the 527th MP Co., said she could not be happier with the new arrangement.

“It’s been great, especially on the supply side. It took a big load off my shoulders,” said Sowell, who in addition to all her unit-related duties was also involved with running the barracks. “It is ... really nice. Some Soldiers that live elsewhere tell us they wish they lived here.”

Staff Sgt. Jerimie Parks, FSBI noncommissioned officer in charge,

said the FSBI team puts a lot of effort into working with the unit’s needs.

“The program works as long as there is good cooperation between units and housing, and so far it has been going extremely well,” said Parks.

“This is a great approach to making single Soldier housing better and they definitely deserve it,” said Clark.

For more information on the FSBI, contact housing at DSN 466-3637.

Soldiers with a work order request should call DSN 466-2752; for after-hours emergencies, call the fire department at DSN 466-2858. For lockouts during duty hours, call DSN 466-3637. For lockouts after hours, call the MP station at 466-2818.

# Fire departments ignite fire safety awareness

Story and photo by  
**KRISTIN BRADLEY**  
*USAG Hohenfels Public Affairs*

Though they will be the first to tell you that fire safety should be a priority all year long, the Hohenfels Fire Department at U.S. Army Garrison Hohenfels recently executed a special week of events to promote fire safety awareness within the community.

Fire Prevention Week, Oct. 5-9, included informational displays at the commissary and Post Exchange, fire evacuation drills throughout post and demonstrations in both German and English.

Martin Birkhahn, assistant chief, fire prevention, said the week is an important part of the department’s efforts to not just respond to, but also prevent fires throughout the Hohenfels community.

“We take the opportunity of fire prevention week to refresh the community’s memory about fire safety and how important it is to make their homes and workplaces safe,” said Birkhahn.

A big part of that, he said, comes from educating children.

“A lot of times it is kids that take the lead and educate their parents. They are the ones bringing home the information. That is why the kids, starting from Child Development Center age all the way up, are one of our main audiences because they’re the ones bringing it home,” Birkhahn said.

Fire Safety Day, Oct. 8, involved a tour of the fire station for CDC and elementary school classes. Students crawled through fire trucks, tried on “real fireman” gear, learned about the station’s equipment, stood high above the ground on the fire truck’s telescoping arm, and even tried their hand at putting out fires using a small hose and a painted wooden house as a target.

“With the kids we had the best audience we



**Before asking a volunteer to do it the correct way, Guenter Stoeckl, Hohenfels fire chief, demonstrates the incorrect way to put out a car fire as a demonstration during Fire Prevention Week.**

could have had,” said Birkhahn.

Though many events targeted children, adults had their fair share of activities as well, including food provided by Better Opportunities for Single Soldiers and a chance to test their fire safety skills.

The crew set up a grease and car fire and allowed volunteers to try putting them out.

“One of the major causes of home fires is when someone leaves the kitchen unattended, that’s why it is important to show this is what can happen if (a

grease fire) occurs and you react the wrong way,” said Birkhahn.

To put out a grease fire, Birkhahn offered these instructions:

First, you need to be in the kitchen to put it out quickly, so never leave cooking unattended.

Put a lid on the pan and turn the burner off, or slide the pan off the flames. If you remove the fire’s oxygen source, it will eventually stop burning. Do not try to carry the pan to a different location as this is dangerous and may spread the fire.

Do not put water on the fire. Do not put anything into the fire, including flour or baking soda. Birkhahn said there are two reasons this is a bad idea: throwing something into the fire may cause it to splash out of the pan and spread, and organic material has the potential to become combustible.

As for putting out a car fire, Birkhahn offered these instructions and reminders:

Unlike in the movies, once a car is on fire it will not explode. This means there is time to get injured passengers out of the vehicle, which should be the very first priority. “It costs lives when people are afraid to go near a burning car to help people because they think it might explode. This is just Hollywood,” said Birkhahn.

Do not open the hood. This will give the fire oxygen and cause it to grow. Instead, wearing gloves, open the hood just enough to place the nozzle of a car fire extinguisher underneath.

Once the flames are suppressed, open the hood and direct the extinguisher stream at the source of the flames.

Stay calm and use your resources wisely as a car fire extinguisher will not last indefinitely.

Every car should have fireproof gloves and an extinguisher. Birkhahn said extinguishers must be ABC rated and can be found at many hardware and auto-parts stores. Drivers of Transportation Motor Pool vehicles can obtain the equipment from troop issue.

Because grease and car fires are not the only dangers, Birkhahn said it is important to have smoke alarms on every floor of the house and have a fire evacuation plan both at home and at work.

The fire department has a wealth of resources for community members, including home and workplace fire safety checklists. It also offers in-home safety inspections. To arrange a courtesy inspection or obtain fire safety information, call Birkhahn at DSN 466-4679.

# Post leaders recognized for supporting local fire departments

by **KRISTIN BRADLEY**  
*USAG Hohenfels Public Affairs*

During Fire Prevention Week activities, leaders from the Joint Multinational Readiness Center received awards from the German and Bavarian Fire Department Associations in recognition of the support the JMRC and U.S. Army Garrison Hohenfels provides fire departments of local German communities.

Gert Fuchs, USAG Hohenfels Fire Department deputy chief and training officer, said the garrison and JMRC support the mostly volunteer fire departments with both equipment and training opportunities.

Lt. Col. Timothy Delass, JMRC deputy commander of operations group,

was given an award from the German Fire Department Association that, among other things, recognized the support JMRC provides by inviting neighboring fire departments to come on post and use the training area for their training purposes.

“In Neumarkt County, the fire department has 10,000 volunteers. That is a whole lot of people to train,” said Gruber Guenther, Neumarkt County fire chief, explaining that his fire department trains almost 600 people a year on post.

The Bavarian Fire Department Association gave awards to Lt. Col. Kevin Christensen, JMRC Falcon team commander, and Chief Warrant Officer 4 Burt Verhaar, airfield commander, as thanks for partnering with local fire departments to provide Army Aviation

Rescue Firefighting training, which prepares emergency responders for a possible aircraft crash and rescue.

“We went out to the communities and we figured out our flight routes, then we went to those communities and said we want to offer training in case a helicopter would go down,” said Chance Claggett, JMRC airfield safety manager.

Claggett estimates that in the last five years, 3,000 volunteers from Schwannndorf, Regensburg, Nuremberg and Amberg fire departments have been trained using U.S. Army helicopters.

That training would benefit American Soldiers if a helicopter went down off-post, but it also provides the fire departments with valuable emergency response skills to use if a German helicopter went down in their community.

Guenther said without the use of American aircraft, his department would have limited access to helicopters for valuable hands-on training.

“It enables us in a real world scenario if there was a crash, we can go out and know what to do if it is U.S. or German (helicopters),” said Guenther.

Those types of training opportunities benefit not just response capabilities, but also partnerships between the organizations.

“We have pretty good cooperation. It is important everybody can rely on the others. We have the manpower and (Americans) have the special equipment,” said Georg Stiegler, district fire chief of Hohenfels, Parsberg and Lupburg.

“They know whenever they request support, we will provide it,” said Fuchs.

That support extends to the Nuremberg International Airport, where Claggett said USAG Hohenfels and JMRC personnel have worked to train emergency responders on American military aircraft.

“There is a large amount of military aircraft that goes through Nuremberg and they didn’t know how to do that kind of rescue operation. We offered them training and they said they would love to do it,” said Claggett.

Gunther Stoeckl, USAG Hohenfels fire chief, said the training at the Nuremberg Airport and the partnerships closer to home are a win-win situation.

“We all support each other,” said Stoeckl. “We support other departments to show we will be there for them if there is an emergency.”



# Tigers find success in winless season

Story and photo by  
**KRISTIN BRADLEY**  
*USAG Hohenfels Public Affairs*

For the Hohenfels Tigers, success cannot be measured entirely by numbers. After their matchup against Wiesbaden Oct. 17 at Hohenfels, the varsity football team finished its season with 0 wins and 5 losses. The Tigers scored 58 points during the season and had 202 points scored against them. A closer look at the numbers puts these losses in perspective. Last year, the Tigers scored a total of 27 points, 31 less than this season, with 277 scored against them, 75 more than this season. Those improvements came after restructuring within the conference resulted in Hohenfels moving from Division III to Division II, where it is one of the smallest schools. Head coach Ed Lynch said this year’s team was both inexperienced — approximately half the players had never been on a football team before — and without much weight to throw around — three-fourths of players were either freshmen or sophomores and the difference in size between under- and upper-classmen was obvious as they played older, and bigger teams throughout the season. Despite the numbers, the players themselves speak more about their accomplishments than their shortcomings. “A lot of people on the team improved throughout the season. We tried our best,” said senior Chauncey Eaddy, team co-captain. “We had less fumbles and errors,” said sophomore Bryce Cooper, also a co-captain. “And more organization,” added senior



**Hohenfels Tiger David Devin tries to head-off his Wiesbaden opponent as he charges down the field. After the Tigers’ Oct. 17 matchup against Wiesbaden, Hohenfels finished the season 0-5 but still managed to make some significant improvements over last season.**

Florian Davis.

“The first timers really were not afraid to hit anyone,” said Eaddy. They each were quick to point out the accomplishments of the teammate standing

next to them while not mentioning their own: it was not Davis who brought up his 47-yard field goal, or Andrew Morton, a senior on the team for the first time, who pointed out he was the top tackler. Teamwork and sheer determination seem to have gotten the Tigers through five tough games. “We had a participation rate of 88 to 90 percent: very few absences out of 40 practices and games. They maintained a good attitude and always kept their chins up,” said Lynch. “After every game we said the next game was going to be different. We really wanted to and thought we would win each game,” said Josh Cooper. Cooper said the team’s determination was best during its match-up with division powerhouse Ansbach when the Tigers scored 12 points to Ansbach’s 58. “We wanted to score very badly against Ansbach to prove we could,” said Cooper. Morton echoed that sentiment when he said proving something to himself was one of his major motivations for joining the team his senior year. “I didn’t want to leave high school without doing it (playing football),” said Morton, a strong safety with the team’s most solo tackles who Cooper said “has no fear.” “It has made me feel better about myself. I am one of the lightest guys, and I know I can do it,” said Morton. The rest of the team finished the season in a similar position. They may not have added any wins to their record, but after a season spent as the small fish in a big new pond, the Tigers can certainly say, “We did it.”

# Slovenian Soldiers benefit from realistic training

Story and photo by  
**TODD OLIVER**  
*JMRC Public Affairs*

Like all of Europe, Slovenia has a rich, fascinating history. At times tragic and at other times uplifting, Slovenia is home to more than two million people and has worked closely with the European Union, NATO and U.S. forces since declaring its independence in June 1991. Part of that partnership involves military cooperation. Beyond the diplomats, beyond the generals and beyond the strategic decisions, there’s a place here in Germany where that cooperation is tested day in and day out by the Soldiers on the ground. The Joint Multinational Readiness Center, as the name implies, is host to a wide variety of militaries from nations across Europe and across the world. Through the use of realistic, simulated combat, JMRC provides challenging training tailored to meet a unit commander’s needs. Inside JMRC’s training area on a cold and wet October morning, Soldiers of Slovenia’s 10th Motorized Battalion participated in a situation training exercise. The scene was a village and Soldiers needed to work with the local mayor and police officials to conduct a search for a wanted criminal. Staff Sgt. Peter Sojer, a Slovenian

observer/controller with the 10th Motorized Battalion, bore the rain, mud and cold to watch his Soldiers work through the process. A recent graduate of the JMRC Observer/Controller Academy, Sojer said the training at the academy was useful for today’s mission and for his unit when it returns home. “In my opinion, it is very good,” he said as the training ended. “I will try to use these experiences with our own training at home. A lot of the knowledge I’ve gained like how to teach, how to observe, how to conduct after action reviews is very useful. It will help us take the benefits from this training and train other units at home so they improve, as well.” Working alongside U.S. observer/controllers has its benefits for the U.S. and the multinational observer/controller. “(The U.S. O/Cs) have a lot of knowledge. They’ve taught us how to watch over everything, and if there’s any issue, how to help the unit resolve it and improve for the next time,” Sojer said. Capt. Brian Kline, Grizzly O/C, observing alongside Sojer, agreed. “They bring a whole different flavor,” Kline said. “You get to see how others work and operate. You can take those unit’s tactics, techniques and procedures and, with the cultural differences, apply them to almost any scenario. Wherever we’re going in the world today, working



**Staff Sgt. Peter Sojer, 10th Motorized Battalion from Slovenia (center, background), observes his soldiers during training at the Joint Multinational Readiness Center. The soldiers of the 10th Motorized Battalion participated in a number of realistic training scenarios and were mentored by their own Slovenian observer/controllers.**

alongside multinational units like this is going to be a reality. This is a great experience seeing how the different cultures interact.” The ultimate goal of any training at JMRC, regardless of nationality, is to improve. Today’s mission is no different and Sojer said he wants to carry that goal with him when he heads home at the end of this rotation. “We’re doing a pretty good job in our country too, we’re doing a lot of similar things to what you’re doing here,” he said. “There are a few new things here that we’ve learned that we can employ in our training. The after-action review is done well here, and now that we’ve seen how it’s done here, I can improve the ones we do back at home.”

# Council addresses AAFES/DeCA issues during quarterly meeting

by **KRISTIN BRADLEY**  
*USAG Hohenfels Public Affairs*

The AAFES/DeCA council, a gathering of community members and leaders from U.S. Army Garrison Hohenfels, Army Air Force Exchange Service and Defense Commissary Agency, met for its quarterly meeting, Oct. 14. Jim Einwaechter, U.S. Army Garrison Hohenfels Division of Public Works chief, began the meeting by briefing attendees about the status of the Building 9 renovation. Formerly vehicle inspection, when the project is complete Building 9 will house the Pxtra, car rental services, Military Clothing and Sales, the Bookmark currently located in the Post Exchange and a drive-through ATM. Einwaechter said they plan to open the new facility before the new year. Matt Mennona, AAFES Bavaria manager, spoke about a bus trip from Hohenfels to the Vilseck furniture store, a proposal voiced in previous council meetings.

Mennona said he will not hold a furniture expo at Hohenfels this year, and instead AAFES will pay for a bus to take Hohenfels community members to the furniture store in Vilseck. The bus trip would be free, and he said he hopes to provide each participant with a \$5 coupon for lunch. “I can only get so much on your floor during an expo,” said Mennona. “I can’t bring everything in the store to Hohenfels. This way you can see it all.” Mennona assured community members that anything purchased on the trip will be delivered to the customer’s home in Hohenfels for only \$39, the amount AAFES would charge if the item were purchased at an expo in Hohenfels. Rebecca Spencer, Hohenfels PX manager, briefed the council on the outcomes of issues raised at previous councils. For example, at the last council meeting a customer suggested the PX stock more 220 volt ceiling fans, which Spencer said AAFES did this summer and will continue again next summer. After comments by council attendees, Mennona and Spencer said they would look into problems customers expressed, such as getting items shipped from Grafenwoehr or Vilseck AAFES locations to Hohenfels, and long wait times for appointments at the Hohenfels Car Care Center. **Other announcements from AAFES:** •There is currently a 10 percent off sale on tires at the Hohenfels Car Care Center. The sale ends Oct. 31. •Trick or treating at the PX and Warrior Hill shoppette will be Oct. 31, from 7 to 9 p.m. •A cuckoo clock vendor will be at the PX Nov. 6. •Employees needed. Apply for jobs at AAFES.com. •As of Oct. 25, Sixt Car Rental will be replaced by Enterprise. Commissary manager Jamie Segarra said the commissary will be installing new lighting for the next three to four months. He said construction will occur mainly at night so customers should

experience minimal inconvenience. Segarra said the construction may not be visually appealing, but the result, better lighting throughout the store, will be worth it. **Other commissary announcements:** •The commissary is open until 7 p.m. on Tuesdays and Thursdays. Segarra encouraged customers to take advantage of the later hours. •DeCA is currently offering a scholarship sponsored by Fisher House. Deadline is Feb. 17. Interested applicants should visit [www.militaryscholar.org](http://www.militaryscholar.org) for more information. •The commissary Web site, [www.commissaries.com](http://www.commissaries.com), has information and resources specific to Hohenfels, including job postings. All members of the community are encouraged to attend council meetings and ask any questions they might have about AAFES or DeCA services. The next meeting will be in April 2010. Watch the Hohenfels Hometown Happenings, daily news briefs and Hohenfels Web site, [www.hohenfels.army.mil](http://www.hohenfels.army.mil), for the date.



# What's Happening

## Grafenwoehr/Vilseck Briefs

### Harvest Fest

All Children are welcome to "Harvest Fest," on October 31st, 4pm to 6pm in the Grafenwoehr Elementary School Multipurpose Room. Join us for games, candy and prizes!

The even is sponsored by the Grafenwoehr Community Chapel.  
Please no scary costumes.

### Gate 1 closure

Effective now, East Camp Gate 1 will be closed to all vehicle traffic (in-bound and out-bound) for approximately three weeks. Work at the gate will not affect pedestrian entrance or exit.

Drivers should use other East Camp gates (Gates 3, 9, 6 and 20) during this time.

Work on Gate 1 will be finished no later than the end of November.

### AFN Radio weather reports

AFN Bavaria knows how important it is to have inclement weather information as soon as possible about road conditions and school delays or closures.

Starting Nov. 1, AFN Bavaria The Eagle Morning Show begins at 5:00 a.m., instead of at 6.

If there's inclement weather information, we will announce it throughout the day.

Be aware that on 3 November, AFN Bavaria The Eagle will move to FM 98.5 in Grafenwoehr and Vilseck. Until then, you can still find us on AM 1107.

For more, visit [www.bavaria.afneurope.net](http://www.bavaria.afneurope.net).

### Jewish group

The next meeting of the Jewish Resource and Learning Group in Bavaria will take place Nov. 3, Building 555, Grafenwoehr at 7 p.m. The class will be given by Rabbi Chitrik of Nurnberg and offers all Jewish Personnel and their families the opportunity to meet, learn and to socialize.

Refreshments will be served.

Contact Miriam or Eric for further information at [jrlgbavaria@googlemail.com](mailto:jrlgbavaria@googlemail.com).

### Command info survey

How do you get information on garrison events, programs and activities?

Completing this short 6-question survey will give us valuable insight on how we can improve information delivery to you. The survey is available at [www](http://www).

[grafenwoehr.army.mil](mailto:grafenwoehr.army.mil).

### Antique Hunt Club

The Vilseck Community and Spouses Club's "Antique Hunt Club" heads to a variety of destinations each month to find great European antique treasures.

The club meets the first Tuesday of each month and car pool from the Vilseck Commissary at 9 a.m. and return by 3 p.m. For more, call CIV 0173-4531837.

### AL-ANON

AL-ANON meets every Thursday at 7 p.m. at Counseling Center (downstairs), Building 206 (near CDS) in Grafenwoehr.

For more, call CIV 0171-983-9151.

### VFW open house

The Grafenwoehr VFW offers a weekly open house every Wednesday at 5 p.m. Business meetings are held on the second Tuesday of each month at 6 p.m.

For more, call CIV 0160-91423858 or CIV 0151-58824074

### Craft shop events

For more on craft classes, call DSN 475-6101, CIV 09641-83-6101.

Framing Classes are held second Wednesday each month from 6-9 p.m. and the fourth Saturday of the month 9 a.m. to noon. Cost: \$35 plus supplies.

### Zen meditation for everyone

At the East Camp Chapel annex every Monday at 5 p.m. All are welcome regardless of religious affiliation.

Wear loose, comfortable clothing and arrive a few minutes early if coming for the first time. Chairs and cushions for meditation are provided. For more, contact Jody Dungay at [jdungay@hotmail.com](mailto:jdungay@hotmail.com).

### Officer board approaches

The Officer Candidate School board meets Nov. 11 at the Joint Multinational Training Command, and will be conducted at 8 a.m. in Bldg. 109 (Water Tower), 2nd floor conference room.

Interested candidates should turn in their packets to the G1 on East Camp in Bldg. 131, room 107, Oct. 30.

### Christmas tree lighting

This year's tree lighting ceremony will take place in the Grafenwoehr East Camp on Dec. 1 at 5 p.m.

The Vilseck South Camp tree lighting will be on Dec. 2 at 5 p.m.

Pleasant to attend these exciting events. Santa Claus and Saint Nicklaus will be present at both ceremonies handing out bags of goodies to children.

Gluwien, hot chocolate and kinder punch will also be available at no cost to the public.

East Camp Gate 1 will be opened to pedestrian traffic (to include local nationals).

## Garmisch Briefs

### FMWR trips

■ Oct. 31 - Neuschwanstein Castle  
Visit the most popular tourist attraction in Germany, Neuschwanstein Castle along with the castle town of Fussen, the Wieskirche, and Ettal Monastery. Saturday, Oct. 31.

Meet at the Burke Lodge at 8 a.m., cost is \$39.

■ Nov. 6-8 - Prague

Let us go see the place that everyone wants to see in the "new Europe." Prague is often on the top of everyone's list of places to visit in the old world. There will be a "daytime tour" that includes a few more of the usual touristic sights. Tickets can be arranged for those who want to see a Ballet (Tchaikovsky's Swan Lake is playing as well as a modern opera). Cost is a ridiculously low price of \$270. Minimum of 12 people are required before the trip can take place; maximum number that can go is 14.

■ Nov. 11 - Water Works

If you thought, the "Water Works" is only a semi-desirable property in Monopoly you might be wondering how it works. Trust us! Water does Work! Water can be extremely therapeutic, relaxing, calming, exhilarating, and lots of good fun at the Erdinger Therme! Transportation is \$15. Bring 32-34 Euros entrance fee plus extra for food and drink.

■ Nov. 13-15 - Weekend Tour to Venice

View great art and architecture, the pigeons in St. Mark's Square, gondolas etc. - and good places to eat! Also we tour Verona, the Romeo and Juliet city with the great Roman Arena - and a wonderful restaurant. Cost is a very reasonable \$290.

Plan to bring about Euros 120-140 to cover museum entrances, food, public transportation, some souvenirs, etc.

■ Nov. 19 - Brewery of the Month Club - Erdinger Weissbier

Each month we will visit a different brewery, specifically chosen for its unique character, location, history, or seasonal specialty. In our inaugural trip we will explore the history of the Bavarian specialty Weissbier at the oldest dedicated Weissbier brewery in Germany, the world famous Erdinger. Program includes a guided tour of the brewery followed by a snack, sampling session and free group photo.

Cost is \$39. Sign up by Nov. 13.

## Hohenfels Briefs

### Army Family Covenant

Army leaders will re-sign the Army Family Covenant at Hohenfels Oct. 27 at the CAC at 3:30 p.m. to renew the Army's commitment to taking care of the Soldiers and families within the Grafenwoehr footprint.

First signed in 2007 by the Secretary of the Army, Chief of Staff of the Army and Sgt. Maj. of the Army, the document recognizes the sacrifices of Army families and serves as the Army's promise to support them through programs focused on housing, healthcare, child care, education and more.

### Trick or Treating hours

The Trick or Treating hours for the Hohenfels Community will be Oct. 31 from 5-7 p.m.

### WIC eating healthy

Celebrate the holidays the healthy way Nov. 3 from 10:30-11:30 a.m. in Bldg. 10, Room 121, with WIC Overseas. The workshop will explore how you can get through the holidays while staying healthy. Discussions in the workshop will include traditional holiday fare, cooking tips, and how to go through holiday parties without going overboard. You will also have the opportunity to taste a lower fat version of a favorite holiday treat and learn how to make it yourself. Workshops are open to the en-

tire Hohenfels community. Reservations are not needed.

For more, about the workshops call DSN 466-4601.

### Texas Hold'em, Bunco

MWR patrons are welcome to enjoy themselves Oct. 23 in either game. Texas Hold'em registration fee is \$25, which includes a light buffet. Bunco registration fee is \$10 which includes a light buffet. Doors will open at the Zone at 5:30 p.m. and the games will begin at 6:30 p.m.

For more, call DSN 466-2060.

### ITR trip to Chiemsee Castle

This is the final castle of Ludwig II and the biggest and most expensive. The bus will take you to the port where you can choose one of the three tour packages with a cost ranging from 5 to 20 Euros per person. The bus will depart Hohenfels from ODR, Bldg. H15, Oct. 24 at 5 a.m. and return to Hohenfels around 9 p.m. Cost is \$50 per person and includes transportation to and from Chiem. Seating is limited to the first 50 people. Call to reserve your seats today.

For more, call DSN 466-2060.

### ATV Safety Course

The ATV Training Course provides certified safety training to ensure the safest ride possible. You will demonstrate full use of the ATV by running through drills before you ride on the beautiful hills of Hohenfels. You must possess a valid class C License. ATV Training Courses will take place Oct. 24 from 8 a.m. to 4:30 p.m. The cost is \$75 per person and includes fuel for the day, safety gear and lunch.

For more, call DSN 466-2060.

### ATV Safari

ATV Safari will take place from Oct. 25 8 a.m. to noon. The cost is \$35 and includes fuel for the day and safety gear. To participate in ATV Safari, you must first complete an ATV Training Course.

For more, call DSN 466-2060.

### Winter Sports enrollment

Enrollment is currently open for Youth Sports and Fitness Winter Sports. Winter Sports offered this year are cheerleading, basketball and bowling. A \$10 late fee will be assessed to the registration after Oct. 31. Enroll your children for winter sports at CLEOS, Bldg. 10.

For more or to become a certified coach, call the Youth Sports and Fitness office at DSN 466-2558.

### Webtrac

The Army will be implementing a new system, Webtrac, into Hohenfels

FMWR facilities Nov. 2-6. Webtrac will enable Hohenfels FMWR customers to pay for goods and services online from the comfort of their own home. Goods and services include massage reservations, birthday party room, lane reservations, food orders, child care payments, trip reservations, and more. The possibilities are endless. Currently all FMWR facilities are attempting to collect e-mail addresses for all FMWR patrons. Stop by an FMWR facility today to update your contact information so you will be kept updated on the latest information regarding Webtrac.

For more, call Jennifer Barker at DSN 466-4049 or email Jennifer.m.barker@us.army.mil.

### Our Heroes Tree Program

Through Nov. 1, the Hohenfels library is participating in a special national program recognizing the sacrifices of current service members, veterans, and deceased service members. The Hohenfels community members are asked to create a handmade picture ornament honoring a military member from your family or community and the ornament will be displayed on Our Heroes Tree. The library has templates for you to use to create your ornament.

For more, call DSN 466-1740.

### Monster Fest

The Monster Fest, sponsored by the Hohenfels Library and BOSS, will take place at the Zone Oct. 30 from 4-6 p.m. There will be fun for the whole family including face painting, spooky games, treats, door prizes and more. Come dressed in your costume.

For more, contact the library at DSN 466-1740.

### Harvest Fest

The Hohenfels Religious Support Office will host the Annual Harvest Fest at the CAC and Post Gym Oct. 31 from 6-9 p.m. The Harvest Fest is an alternative to Halloween. Everyone is invited to attend. Drop by after trick or treating to eat dinner, play games, get candy and make crafts with the kids. The Fest will have many activities including a Chili Cook off, costume contest, door prizes, hot dogs and much more.

For more, call Stephanie Headrick at DSN 466-1570 or e-mail Stephanie.headrick@eur.army.mil.

**Workforce Recruitment** The Hohenfels Community is invited to a presentation Oct. 28 on the Workforce Recruitment Program in honor of National Disability Employment Awareness Month. The presentation will be held at MPIC, Bldg. 1, at 1:30 p.m.



**FREE ADMISSION**

**31 October**  
**Performing Arts Center**

**Halloween Costume Party**

**Wear your best costume!**  
Costume Party featuring the band "Chewonit"

- Doors open at 8 p.m.
- Band starts at 9 p.m.
- Cash bar on site

Open to I.D. Card Holders and those who can get on post, age 18 up.

More Info:  
Performing Arts Center  
East Camp, Bldg 102/103,  
DSN 475-6426.



**Costume Dance Party**

**23 October - Netzaberg Youth Center**  
7:30-10:30 p.m. - open to 6-12 graders

Games, prizes, costume contest; music with DJ Andrew  
For more information call DSN 475-9393, Civ 09641-83-9393.

**South Camp Youth Center**  
**Haunted Bash**

**31 October - Memorial Fitness Center**  
South Camp Vilseck

5:30 - 8:30 p.m. - **Haunted House**  
9 p.m. - midnight - **Dance**  
open to 6-12 graders

Cost: \$2 pre-tickets, \$4 at the door

Contact CYS Services,  
South Camp Teen Center  
at DSN 476-3144,  
Civ 09662-83-3144  
for more information.

For transportation from Netzaberg sign up by 28 October at the Netzaberg Youth Center



# What’s Happening

## Ansbach Briefs

### Wanted: Instructors

Ansbach’s Schools of Knowledge, Inspiration, Exploration and Skills Unlimited is looking for people willing to share their expertise with community youth and earn money in the process. Child, Youth and Schools Services’ SKIES Unlimited program needs instructors in culinary arts, art, hip hop dance, voice and German language. For more, call DSN 468-7303, CIV 0981-183-303.

### Europe on a budget

Can someone really go to Rome on an E-3’s salary? Yes! Find out how to travel Europe on a budget along with ideas on places to go and things to see at a meeting from 9-11 a.m., tomorrow and Nov. 9 at the Storck Barracks ACS. Seasoned travelers are invited to come and share their travel tips as well. For more, call DSN 467-4555, CIV 09841-83-4555.

### Barton Gym closure

The Barton Gym is closed for renovations now through Feb. 23.

### Wiggles & Giggles

Ansbach Army Community Service hosts its Wiggles & Giggles Playgroup weekly at Katterbach, Storck Barracks and Bleidorn for children ages 0-4 and their parents to get together, socialize and make new friends. Wiggles & Giggles takes place Tuesdays from 10-11:30 a.m. at the Bleidorn Community Library, from 10-11:30 a.m. Wednesdays at the Storck Barracks ACS classroom, and 10-11:30 a.m. Thursdays at the Katterbach Chapel in the downstairs children’s chapel. For more, call DSN 467-2516, CIV 09802-83-2516.

### BOSS lounge, events

Ansbach’s award-winning Better Opportunities for Single Soldiers program features a lounge in the basement of the Von Steuben building on Bismarck Kaserne. The BOSS Lounge features Jam Night on Thursdays, Poker Night on Fridays, Club Night on Saturdays and Lounge Night on Sundays. Hours are 5-10 p.m. Sundays-Thursdays, and 5 p.m. to midnight Fridays and Saturdays. For more on the lounge or other BOSS programs, call DSN 467-2921, CIV 09802-83-2921.

### Now hiring

■ The Ansbach Spouses and Civilians Club Thrift Store is hiring for various positions. Those interested should stop by the store on Katterbach for an application. The Ansbach Thrift Store is open Tuesdays and Wednesdays from 10 a.m. to 2 p.m. and Thursdays from noon to 6 p.m. For more, call CIV 0176-631-07391. ■ A contract position is available at the Illesheim Army Community Services for an intake/reception clerk. For a copy of the solicitation and more details, call the Storck ACS at DSN 467-4555, CIV 09841-83-4555.

### Foster parents needed

The Army Community Service Family Advocacy Program is looking for interested families to become emergency foster care providers. The EPC program provides substitute family care for children over a planned period of time when children’s own parents are unwilling or unable to care for them. If interested, call DSN 467-2146, CIV 09802-83-2146.

### Personnel’s new hours

The Ansbach Military Personnel Division offices have new operating hours. ■ ID card section: Mondays, Tuesdays, Thursdays and Fridays open 8 a.m.-4 p.m. with last customer sign in at 3:45 p.m. Wednesdays are for appointments only. ■ Installation Access System: Mondays-Fridays from 8 a.m.-noon and 1-4 p.m. ■ Passport section: Mondays, Tuesdays and Thursdays from 8 a.m.-3:45 p.m. Fridays the office is closed from 8 a.m.-1 p.m. for training and open from 1-4 p.m. Wednesdays are for appointments only. ■ Reassignment actions: Mondays-Thursdays from 8 a.m. to noon and 1-4 p.m. Fridays the office is closed from 8 a.m.-1 p.m. for training and open 1-4 p.m. Wednesdays are for appointments only. For more, call DSN 467-2630, CIV 09802-83-2630.

### Fun in the kitchen

Fun in the kitchen moves to Thursdays Oct. 22 at the Yellow Ribbon Room from 6-7:30 p.m. For more, call DSN 467-4555, CIV 09841-83-4555 or to sign up.

### Catalogue shopping room

Want to shop for something unique and not found locally? ACS Yellow Ribbon room now has a catalogue shopping room filled with different and unique catalogs that you can view and then order on-line for fast Christmas shopping and delivery.

Come join us for some cookies and coffee while you shop through our catalogues.

### Debt collection

People who owe money to, or were owed money by Spc. Jordan Roberts of 12th Combat Aviation Brigade, Headquarter and Headquarter Company in Ansbach should contact Cpt. Justin Izzo at DSN 467-2173, CIV 0151-229-81003. A list of such accounts will be given to Spc. Roberts’ legal guardians.

### Festival cancelation

Due to the renovations to the Storck chapel, the Fall Festival previously scheduled for Oct. 31 has been canceled. The Fall Festival at Katterbach chapel will continue as planned. For more contact Cindy Kostelnik at DSN 467-2785, CIV 09802-83-2785.

## Schweinfurt Briefs

### Stress Management

Army Community Service is offering a stress management course tomorrow from 11 a.m. to noon. Test your stress level and learn ways to deal with it. To sign up, call CIV 09721-96-6933.

### Lunch bunch

Join the Army Community Service lunch bunch tomorrow from 11 a.m.-2 p.m. Meet at ACS and enjoy a budget friendly, family-oriented lunch outing. Bring euro for lunch. To sign up, call CIV 09721-96-6933.

### Library book club

Come to the Ledward Library book club meeting tomorrow beginning at 5:15 p.m. Participants will discuss the book “Finding Nouf” by Zoe Ferraris. Coffee, tea and treats will be served. For more, call Pam Rio at DSN 354-6487 or call the library at CIV 09721-96-1740.

### FRG roundtable

There will be a family readiness group roundtable discussion tomorrow from 6-8 p.m. in the Yellow Ribbon Room open to anyone active in their FRG. Come learn what is going on with local FRGs. For more, call CIV 09721-96-6933.

### Asperger’s, autism support

Army Community Service offers an asperger’s and autism support group Friday from 10-11:30 a.m. Meet others with autism and learn more about the resources available within the community. For more, call CIV 09721-96-6933.

### ODR trip to Pottenstein

Outdoor Recreation is taking a trip to Pottenstein Saturday. Transportation departs from ODR at 9 a.m. and returns at 5:30 p.m. The group will visit the famous Devils Cave, a trout hatchery, and the Pottenstein Sommer Rollercoaster. Cost is \$20 including transportation and entrance to the cave, but participants are encouraged to bring Euro. To sign up, call CIV 09721-96-8080.

### Halloween bash

The Ledward Library will host a Halloween bash Saturday at 5 p.m. with a costume contest for all ages, homemade caramel apples, candy and prizes from the box of mystery. Unlimited checkout of DVDs and CDs for those in costume. For more, call CIV 09721-96-1740.

### Halloween bowling

The Kessler Bowling Center offers a free Halloween game for customers in costume on Saturday. Bowl with disco lights and music while munching on free candy. For more, call CIV 09721-83391, DSN 354-6332.

### Garrison trick or treat

Trick or treating will occur on Askren Manor from 6-8 p.m Saturday. Young children should be accompanied by a parent or a responsible older child. For questions regarding the official trick or treat time, call CIV 09721-96-6624, DSN 354-6624.

### Register to vote

November kicks off voters’ registration for the next election. Be early and register to vote at the Ledward Library

Monday through Nov. 12. Stop by during operating hours of Monday through Thursday, 10 a.m.-8 p.m. and Saturdays and Sundays, 10 a.m.-6 p.m. For more, call CIV 09721-96-1740.

### Crafts studio trip

The Ledward Crafts Studio takes a trip to the town of Lauterbach Sunday to browse items by craftsmen and enjoy food, games and a fall market. Depart the crafts studio at 8 a.m. with a stop at an indoor flea market along the way. Bring Euro. To sign up, call CIV 09721-96-6903.

### ODR pool trip

Outdoor Recreation is taking a trip to indoor pool, Geomaris, in Gerolzhofen Nov. 5. Transportation costs \$5 and departs from ODR at 5 p.m. and returns at 8:30 p.m. Call ODR about individual entry fees at CIV 09721-96-8080.

### Winterization course

Prepare for winter driving by attending the winter driving class Nov. 5 at the Conn Auto Skill Center beginning at 6 p.m. Classes are free and open to all ID cardholders. All participants will receive a free car wash. To sign up, call CIV 09721-96-8224.

### Community theater auditions

Auditions for “The Rocky Horror Show” run Nov. 10 to Nov. 13 at 1 p.m. and 6 p.m. at the Abrams Entertainment Center. Both males and females are needed. No acting or singing experience required. For audition information, call CIV 0162-296-2776 or e-mail garland.travis@eur.army.mil.

### AAFES/DeCA forum

There will be an Army, Air Force Exchange Service and a Defense Commissary Agency community forum held Nov. 3 in the garrison conference room on the 3rd floor of Ledward bldg. 206 from 9-11 a.m.

### Pre trick or treat event

Army Community Services’ Family Advocacy Program is sponsoring a pre trick or treat event for children and parents Oct. 31 from 3-6 p.m. at School Age Services. Candy will be available for children and door prizes for adults. Come by and get info about community programs that serve the children of the community. For more, call CIV 09721-96-6933.

### Orientation for newcomers

Are you new to Schweinfurt? If so, the five-day Schweinfurt

Newcomers Awareness Program is the fit for you from Nov. 2 to 6. Get acquainted with the military community as well as the German town of Schweinfurt. Free childcare is available for the week. For more or to sign up, call DSN 354-6933, CIV 09721-96-6933.

### Love and logic parent

Army Community Service offers classes for those interested in “Becoming a Love and Logic Parent.” A morning class from 9 to 11 a.m. will be held Nov. 3 and 10 in an ACS classroom. Discover your parenting style and learn tips on how to raise loving, respectful, and responsible children. For more or to sign up, call CIV 09721-96-6933 or DSN 354-6933.

### Birth and babies tips

Do you have a baby on the way and want to be prepared with what to expect? Come to Army Community Service’s two-part series, “Birth-n-Babies” on Nov. 4 from 9 a.m. to noon. Learn the latest about what is available for labor and delivery, how to handle complications, and what to do the first night home with your new baby. For more or to sign up, call DSN 354-6933 or CIV 09721-96-6933.

### Write a civilian resume

For those job searching or updating their resume, attend Army Community Service’s class, Civilian Resume 101, at the computer lab in Bldg. 206 on Ledward Barracks Nov. 5 from 1:30-3:30 p.m. This computer workshop will provide information on the three most common types of civilian resumes. Other topics discussed include how to write a cover letter and thank you letter. For more or to sign up, call ACS at DSN 354-6933, CIV 09721-96-6933.

### Parenting difficult behaviors

The Army Community Service class “1-2-3 Magic: Managing difficult behaviors” is held Nov. 4 from 9-11 a.m. Learn how to handle misbehavior in public, exercise self-control and be an effective yet gentle disciplinarian. Free limited child care is available with pre-registry. Call CIV 09721-96-6933.

### New to the military?

Are you new to the military? Learn how your family readiness group can help you be successful in your new community by attending the Army Community Service class “FRG 101: Intro to the FRG” at the Ledward Yellow Ribbon Room Nov. 4 from 11:30 a.m. to 1 p.m. To sign up, call CIV 09721-96-6933, DSN 354-6933.

US Army Garrison Ansbach

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# Tunisia

*gateway to the Sahara and colorful nation of contrasts*



The coastal town of Sidi Bou Said is known for its music, art and Mediterranean architecture.

Story and photos by  
**KRISTIN BRADLEY**  
*Bavarian News*

Situated where the Mediterranean Sea meets the coast of Africa, the settlements of ancient Rome meet the Sahara Desert and lively beaches meet solemn mosques, Tunisia is a colorful country shaped by unlikely unions.

Inhabited early in recorded history by Berber tribes and conquered by numerous ancient civilizations, the Republic of Tunisia is today a relatively progressive and tolerant Islamic state. Though situated between volatile neighbors Algeria and Libya, Tunisia is reasonably safe and with an advanced infrastructure relative to other Saharan countries, it is perhaps the easiest place to visit the world’s largest desert.

While entire trips could be planned solely around Tunisia’s role in the ancient world or during World War II, for a more general overview of this colorful country, rent a car and plan to hit a few key sites.

Start in the north with a stroll around vivid Sidi Bou Said and historical Carthage.

With white-washed buildings and bright blue doors, the winding streets of Sidi Bou Said lend themselves to a morning spent exploring the many cafes and shops. Known as a hotspot for artists, this is an excellent place to peruse galleries for an original painting to take home as a souvenir. Music lovers will enjoy the Centre of Arab and Mediterranean Music, a museum showcasing musical instruments and recordings of Arab music.

History enthusiasts must make a stop in Carthage while in Tunisia. Though most of the original structures are gone, it is still impressive to stand at what was once one of the hubs of the ancient world.

Spend some time wandering throughout the ruins on Byrsa Hill — the heart of the city under Punic rule; the site of the forum when ruled by the Romans, then enter the museum to further unlock the city’s treasures. If you want more of this ancient superstar, jump in the car and head down the road to the Amphitheatre, Roman Villas or Antonine Baths.

**Desert dwelling**

If you do only one thing while in Tunisia, make a trip to the Sahara. The town of Douz, with many hotels and tour operators, is considered the gateway to the Sahara. From here you can venture into the desert on an all terrain vehicle, balloon ride or camel ride where guides take tourists on an hourlong walk into the sands. It’s touristy, but worth the

experience.

If possible, embark on another touristy but worthwhile adventure: camping in the Sahara. The Sahara at night, lit by a silvery-blue moon, is simultaneously exciting and serene. The sand, which remains warm long after the sun sets, is smooth as silk after dancing in the vicious winds for thousands of years. Check with tour operators to arrange a night in the desert.

If travel up the western side of the country after leaving Douz, you will pass through Chott El Jérid, the largest salt lake in North Africa, formed more than 1.5 million years ago. Stop along the way to take photos of the dried salt crystals that may look red, blue or even green depending on the time of year and day.

North of Chott El Jérid are the oasis towns of Midés, Tamerza and Chébika. After the Sahara, a mountain oasis is next on the list of must-see natural attractions.

So lush and beautiful they look like a fake Hollywood set, the waterfall oases are unlike anything you can see in the United States or Europe. A short distance outside of Chébika lies the oasis waterfall with its deep blue water. Ask around in town for directions or hire a guide to drive you there. It can get crowded once the tour buses start rolling in, so you may want to make your trip to the waterfall early in the day.

Of course, no trip would be complete without some shopping and a memento or two to remind you of your travels. Kairouan, northwest of El Jem and not far from the coast, is well-known for its handmade rugs. The streets of this walled city are filled with small shops offering pottery, leather goods and antiques. It is also home to the Great Mosque, originally built in the seventh century and now an important pilgrimage destination.

**Travel tips**

No matter where in Tunisia you decide to travel, it is important to remember a few things. Hotel ratings differ from those in the U.S., so if you require a room with all the amenities, opt for no less than five stars. For the most part however, three or four stars will get you a perfectly adequate, clean room.

If you plan to venture away from the resort, make sure to bring toilet paper and hand sanitizer. There may be some less than desirable pit stops; just shrug it off and take it for what it is — part of the adventure!

Dress may also require a little extra thought. Though Tunisia is quite tolerant and progressive and women there may cover up or



Beyond the ruins of ancient Carthage lies the modern capital city of Tunis.

not as they choose, be mindful that it is still a Muslim country whose idea of appropriate dress may differ from ours. You don’t need to be covered from head to toe, but be modest both out of respect and to keep from attracting unwanted attention. Bikinis are okay if you are on a beach near the hotel with plenty of other western tourists, but be aware that in the late afternoon the beaches become primarily local spots and a bikini will attract quite a lot of stares.

If visiting a mosque, women should cover their head, shoulders and knees. Men should wear long pants, not shorts, and visitors will be asked to remove their shoes to proceed beyond the courtyard. Not all mosques permit visitors, and those that do may restrict access.

While there may be a few differences that require some patience and planning, Tunisia holds many treasures for those willing to look for them.

A country that at times feels worlds away after only a short two-to-three-hour plane ride, Tunisia offers travelers living in Europe the rare opportunity to visit a colorful continent most Americans will only ever dream of.

Don’t miss the opportunity.



Photo by Cassie Johannes

**Above:** In addition to being the site of a seventh century mosque, the city of Kairouan is well-known for its handmade rugs.

**Below:** Though touristy, an hourlong camel ride into the desert is worth the experience.





# Seasonal flu shots available in Bavaria

by JENNIFER WALSH  
*BMEDDAC Public Affairs*

In addition to FluMist, the Bavaria Medical Department Activity is now offering seasonal flu shots at its seven outlying clinics in Bamberg, Grafenwoehr, Hohenfels, Illesheim, Katterbach, Schweinfurt and Vilseck.

“We’re encouraging everyone who wasn’t eligible for FluMist to go their local Army health clinic and get their annual flu shot,” said Lt. Col. Elizabeth Hersch, BMEDDAC deputy commander of clinical services.

The influenza virus, more commonly known as the flu, is a contagious disease which can be spread by coughing, sneezing or nasal secretions. According to the Centers for Disease Control and Prevention, more than 200,000 people are hospitalized each year with influenza, 36,000 of whom die from the disease.

Common symptoms include fever, sore throat, coughing, chills, fatigue, headaches and muscle aches.

“It’s important to note that if you have influenza, you will have a high fever,” Hersch said. “If you aren’t running a fever, then you probably just have a cold.”

Vaccination is mandatory for all active duty personnel as well as Department of Defense civilians designated as emergency essential and reserve personnel on active duty. Tricare beneficiaries are also offered the vaccine to

protect against influenza.

Army health clinics continue to offer FluMist, an intranasal spray that helps prevent the seasonal flu, to beneficiaries who qualify.

“Between flu shots and FluMist, we have you covered,” Hersch said. “Don’t wait until the last minute. Get your flu vaccine now.”

Medical professionals will determine which vaccine is best for you based on information such as your age and medical history.

However, there are some general guidelines that explain who should receive the FluMist and who should receive the flu shot.

The FluMist, which is inhaled through the nose, is approved for 2–49 year-olds who are not pregnant and do not have serious health problems. According to Hersch, the vaccine is great for children because it’s a spray, not a shot, and it still protects against the seasonal flu.

The flu shot, which is the injectable vaccine, is approved for individuals who fall outside the 2–49 age range or have a medical condition that disqualifies them for the FluMist, such as long-term health problems or pregnancy.

A pediatric injectable vaccine is also available for 6–23 month-olds.

Those interested in getting the flu vaccine should call their local clinic appointment line or their medical facility’s immunization clinic.

For more information about the seasonal flu, visit the Centers for Disease Control and Prevention Web site at [www.cdc.gov](http://www.cdc.gov).



Courtesy photo

In addition to the live FluMist version of vaccination for seasonal influenza, flu shots are now also available for patients in the Bavaria Medical Department Activity footprint.

## Flu symptoms occur at higher rate

*ERMC Press Release*

Europe Regional Medical Command Military Treatment Facilities are reporting Influenza-Like Illness at a higher rate this year, prompting health officials to increase efforts to promote vaccination and good personal hygiene to mitigate its spread.

An Influenza-Like Illness, also referred to as “ILI,” is a medical diagnosis of possible seasonal or H1N1 influenza, common cold or a similar illness.

“We are seeing increasing outpatient visits for ILI, especially in the 5–17 year age group,” said Col. Evelyn Barraza, ERMC preventive medicine consultant.

Seasonal flu symptoms may include fever, headache, extreme tiredness, dry cough, sore throat, runny or stuffy nose, or muscle aches. Stomach symptoms such as nausea, vomiting, and diarrhea may also occur, but are more common in children than adults.

According to the Centers for Disease Control and Prevention, some people who have been infected with H1N1 flu virus have reported diarrhea and vomiting along with symptoms associated with seasonal flu.

As of Oct. 15, there have been 350 lab-confirmed cases of novel H1N1 in the European military community of approximately 84,000 military members, 130,000 dependents, and 20,000 civilian employees.

Of five cases that have required hospitalization at ERMC Medical Treatment Facilities, all patients recovered and have been released. No deaths from H1N1 influenza have been reported among U.S. personnel or family members stationed in Europe.

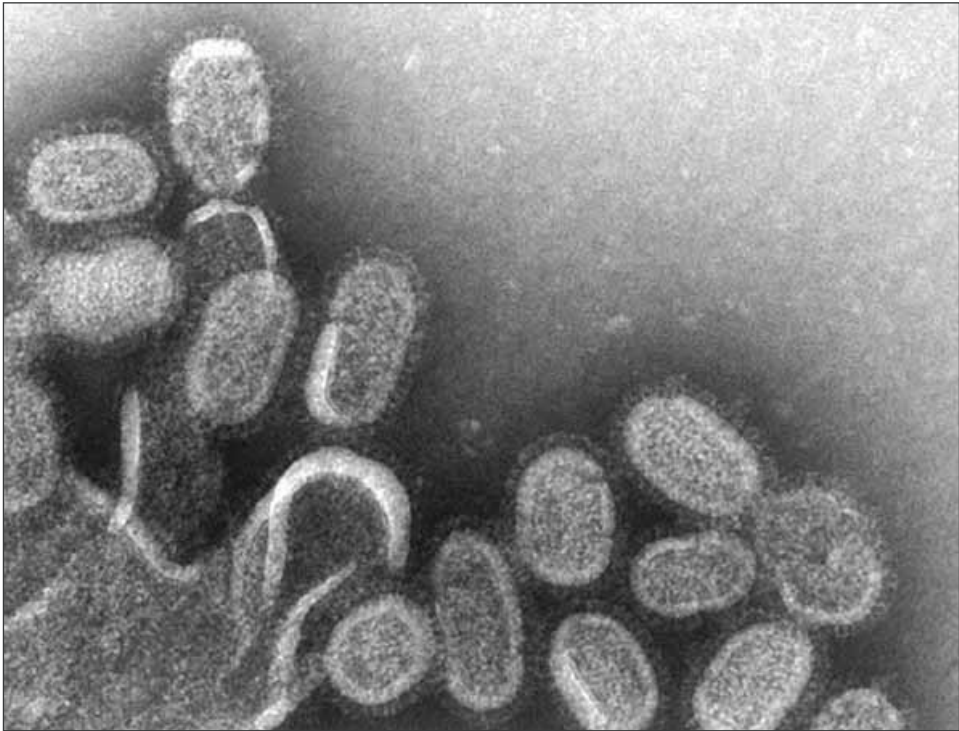
Although an upward trend in weekly clinic visits for ILI is typical for this time of year, medical surveillance shows a higher overall trend compared to last year.

Barraza said much of it may be attributable to the new 2009 H1N1 influenza A pandemic virus that is spreading worldwide. All 27 European Union and four European Free Trade Association countries are now reporting cases of pandemic (H1N1) influenza.

As of July 24, the Centers for Disease Control and Prevention stopped counting individual confirmed and probable cases of H1N1 influenza. Likewise, the Department of Defense Pandemic Influenza Watchboard has stopped tracking cases. The Watchboard, however, continues to offer information to service members, families, DoD leadership and health care planners and providers. The DoD Watchboard is at <http://fhp.osd.mil/aiwatchboard>

To keep from making others sick, Barraza recommends that people who have ILI should stay home and keep away from others as much as possible. Unless they need to go out for medical care or other necessities, they should avoiding travel for at least 24 hours after their fever is gone. Their temperature should be below 100° F or 37.8°C without the use of a fever-reducing medicine.

According to ERMC preventive medicine consultants and health clinic personnel, most people with the 2009 H1N1 flu have experienced a mild illness that did not require medical care or antiviral drugs. The same is



Courtesy photo

According to the Europe Regional Medical command, symptoms consistent with seasonal influenza, the novel H1N1 flu and from the common cold are on the rise, especially in the 5–17 year-old age group.

true of most seasonal flu cases.

Over-the-counter cold and flu medications can help lessen symptoms such as fever, cough and congestion. However, some people are at increased risk of flu complications and should check with their health care provider about any special care or treatment if they develop flu symptoms this season, to include the need for antiviral medications.

Pneumonia, bronchitis, sinus infections and ear infections are examples of flu-related complications. Those more likely to get complications if they get sick from influenza include pregnant women, children under age 5 (especially children under 2), adults 65 years and older and persons with health conditions such as diabetes, asthma, heart disease, cancer, chronic lung disease, kidney and liver disorders, neurologic disorders and weakened immune systems.

Barraza said Army health providers assess each patient’s symptoms and take appropriate medical action. She added that patients are no longer automatically tested for H1N1 influenza.

“The military health care system follows Centers for Disease Control and Prevention guidelines,” she said. “After examining a patient, the provider will decide if H1N1 testing or treatment with antiviral drugs is necessary.” Since June, almost all of the influenza viruses identified through lab tests in Europe have been the 2009 H1N1 influenza A virus.

Col. Theresa Moser, ERMC Force Health Protection director, said health officials have acknowledged the obvious.

“It is flu season. Seasonal and H1N1 flu are here. Some of our beneficiaries will get sick and our health care providers will treat them,” said Moser, who is also

in charge of the command’s seasonal and H1N1 vaccination programs.

She said vaccination and good personal hygiene practices help mitigate the spread of influenza.

“Seasonal flu vaccinations are available at your local health clinic,” said Moser. “We are advising everyone to get vaccinated now.”

H1N1 vaccine should begin arriving in late October or early November in stages. It will be distributed quickly to military health clinics.

CDC officials said during an Oct. 9 briefing that H1N1 vaccine is safe and the best way to avoid illness this flu season.

Dr. Anne Schuchat, director of the CDC’s National Center for Immunization and Respiratory Diseases, said at a recent press briefing there is not yet enough to vaccinate everyone at once, but it will become available as soon as possible.

When H1N1 vaccine arrives in Europe, beneficiaries will be notified by ERMC and Army health clinic announcements on AFN-Europe television and radio, in garrison newspapers, on garrison and unit Web sites, through unit chains of command and all other available means. DoDDS schools will also be notified of vaccination plans.

Moser said good personal hygiene practices such as avoiding touching your nose and mouth, hand washing, covering a sneeze, standing at least six feet from people, and using hand sanitizer may also help prevent illness.

For more information about seasonal and H1N1 influenza, visit [www.flu.gov](http://www.flu.gov), [www.eucom.mil](http://www.eucom.mil), [www.vacines.mil](http://www.vacines.mil), the MILVAX Web site at [www.vaccines.mil](http://www.vaccines.mil) or the ERMC Web site at <http://ermc.amedd.army.mil>.

## Health Clinic requests patience from patients

*U.S. Army Health Clinic, Grafenwoehr Press Release*

During October and November, the U.S. Army Health Clinic, Grafenwoehr, and the Department of Behavioral Health will fully support the reintegration of the 172nd Infantry Brigade Combat Team and the 23rd Ordinance Company.

It’s important for us to ensure that we’re providing the best medical care for our returning Soldiers. We are asking for your patience and cooperation during this time.


We will have a limited number of providers and personnel during this time and we anticipate some delays in appointments.

However, to minimize the impact to the community, we will expand our same-day appointment schedules.

The health clinic will continue to provide sick-call and, as always, urgent and emergent care will be provided by the host nation medical facilities.

Our goal is to redeploy Soldiers who are mission-ready while providing the highest quality of health care to their families and the Grafenwoehr military community.

Thank you for your patience, understanding and cooperation in assisting us in reaching these goals.



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# Hispanic Heritage dances through Iraq

Story and photos by  
**Capt. Stephen C. Short**  
*172nd Infantry Brigade*

Fiesta, fun, food and more filled the Blackhawk Inn dining facility as the Soldiers of all races, ethnic groups and cultures celebrated Hispanic American Heritage Month, here, Oct. 9.

Soldiers of the 172nd Infantry Brigade, Blackhawks, proudly joined the rest of the nation in celebrating and honoring Hispanic American Heritage Month, which celebrates the rich cultural heritage of our largest linguistic and ethnic minority in a monthlong tribute to Hispanic contributions.

This year's theme is "Embracing the fierce urgency of now."

Entertainment from talented dancers demonstrating traditional styles of Hispanic dance drew a large crowd to join in the music and fun, including Salsa, Meringue and Bachata and many more dance demonstrations.

"I learned Merengue, Salsa and Bachata dance from my family, it was just a part of growing up," said Staff Sgt. Magaly Santillan, team sergeant, 1411th Civil Affairs Company, who is of Peruvian ethnicity. "The celebration is showing our culture and diversity among other nations, and diversity makes us all richer," Santillan said.

Male and female partners came together from different backgrounds with costumes that varied from Western style vaqueros, Mexican cowboys, to flowered pattern silk dresses. After about three weeks of practice, the dancers were ready to perform.

"I learned to dance Salsa, Bamba and Plena styles when I was young in Humacao, Puerto Rico," said Spc. Angel L. Caceres, logistics specialist, Headquarters



**Soldiers of Forward Operating Base Kalsu form a dance chain at the Blackhawk Inn dining facility here, Oct. 9 during the Hispanic American Heritage Month celebration.**

and Headquarters Company, 172nd Infantry Brigade. "This is our culture and our roots."

Following the dancing, guest speaker Maj. Ricardo Diaz, 172nd Inf. Bde. judge advocate, spoke about what Hispanic heritage means to him.

"Being Hispanic is more than just adding up a stereotypical sum of a culture's parts. Being Hispanic in these times means transforming past wisdom into present action, thereby forging history's future," said Diaz.

Diaz stated that he learned wisdom from his elders, especially his grandparents, who raised five children on a humble Caribbean farm.

He shared what he called simple re-

frains from his grandparents like, "tell me who you walk with and I will tell you who you are;" "love, time and patience are always yours to give, but never yours to conquer;" and "if you want a new idea, read an old book."

"I find myself now, in an age where terrorists seek to threaten the nation that protects my family, and I reflect on my elders every day," said Diaz.

Hispanic American Heritage Month, established in 1989, was set aside to acknowledge and celebrate the diverse Hispanic cultures of American society.

The term Hispanic refers to Spanish-speaking people of any race. In the 2000 Census, more than 35 million people identified themselves as Hispanic or Latino.



**Soldiers of the 172nd Infantry Brigade, Blackhawks, demonstrated traditional styles of Hispanic dance including Salsa, Meringue and Bachata and many more, at the Blackhawk Inn dining facility, Oct. 9, during the Hispanic American Heritage Month celebration.**



**Maj. Jon Thiessen, maneuvers, fires and effects advisor, 33rd Iraqi Army Brigade Military Transition Team, explains range and navigation concepts to the 8th Iraqi Army Division during the live-fire exercise, Oct. 15.**

## IA improves its foreign defense

Story and photo by  
**Pfc. BETHANY L. LITTLE**  
*172nd Infantry Brigade Public Affairs*

Stretching out across the desert lays a newly created training area for the 8th Iraqi Army Division, where two platoons of the 32nd and 33rd Iraqi Army Brigades participated in the Razazah Sands defensive live-fire range to become better prepared to conduct future combat operations.

Built by the 33rd Iraqi Army Brigade Military Transition Team, 9th Engineer Battalion and the 2nd Battalion, 28th Infantry Regiment, the three kilometer by 10 kilometer Monowara range required four months of planning to become a reality.

"The purpose of this range is to assist the Iraqi Army with tactics and maneuvers, as well as showing them the different air assets that they can use to defeat the enemy," said Maj. Jon Thiessen, maneuvers, fires and effects advisor, 33rd IA Bde., MiTT.

The exercise began with 120mm mortars providing indirect fire support for suppressing the simulated enemy as each platoon negotiating through the course. Soldiers navigated through the range and performed weapon checks, engaged targets with small arms fire, and dismounted their vehicles to engage targets.

Each platoon performed key tasks at six different areas of the range. Starting at the assembly area all the way to the trenches at the limit of advance, tasks such as executing basic troop leading procedures, transmitting proper contact reports, and maneuvering a squad tested the Iraqi soldiers' abilities.

Loading and correcting weapon systems malfunctions, performing simulated first aid while under direct fire also challenged the Iraqi platoons.

"We provided the IA with kinetic effects, such as air weapons teams and a fixed wing aircraft to show them how kinetic assets will aid them to kill or warn their enemies," said Air Force Staff Sgt. Jonathan Bishop, joint tactical air controller, attached to 2nd Air Support Operations Squadron. "During the exercise, the IA had to request air assets with specific locations for the fighter plane to drop a 500-pound bomb to help defeat their enemy."

The IA withdrew from the range and after the bomb was dropped, they went back out in the simulated danger zone to clear the area. The platoon-sized element reviewed their experience in an after-action review following the exercise, which helped to identify ways to improve.

"I believe we handled the exercise very well," said 2nd Lt. Sadiq Kittab Muhsen, platoon commander, 33rd Iraqi Army Brigade.

"The exercise helped us to train and increased our ability to attack and defend against our enemies."

Through the duration of the exercise, Soldiers of 1st Battalion, 77th Field Artillery Regiment helped to provide security and safety to the Soldiers performing the exercise.

"We made sure that the trails were properly identified and that the Iraqi soldiers stayed within the boundaries of the range," said Pfc. Eli Foose, cannon crewmember, 1st Bn., 77 Field Artillery Regt.

The range now belongs to the 8th IA Division for training of all Iraqi Army soldiers, which will facilitate their professionalization as a combat force.

"We've been assisting the MiTT in working with the IA to teach them tactics and maneuvers," said Pfc. Vincent Sanders, cannon crewmember, 1st Bn., 77th Field Artillery Regt.

"Many of these soldiers haven't had tactical hands on training since the Iran and Iraq war," said Thiessen.

"This range will help them to utilize their assets and improve their maneuvers, tactics and their overall defense against enemies, which makes them a stronger more independent army."

## School opening brings new hope for future of Iraq

Story and photo by  
**Pfc. BETHANY L. LITTLE**  
*172nd Infantry Brigade Public Affairs*

A small village celebrated the official opening of the newly renovated Al Medina-Al Munawera School during a ribbon cutting ceremony here, Oct. 12.

The ceremony was attended by Dr. Dammadi Radi, Directorate General of Education in Babil Province, local village sheiks, the Babil Provincial Reconstruction Team and a crowd of supporters to celebrate the opening of the school.

The project to renovate the school began with the Bravo Company, 403rd Civil Affairs Battalion in 2008, then the 1411th Civil Affairs Company took over the project and worked with 3rd Platoon, Charlie Company,

2nd Battalion, 28th Infantry Regiment, to finish the renovations and coordinate the ceremony.

"This project has been something that we've been working on since March," said 1st Lt. Joseph W. McCarthy, 3rd platoon leader, Charlie Company, 2nd Bn., 28th Inf. Regt. "Projects like these are the basis of change for Iraq, and I'm proud of my Soldiers on the ground who are helping to shape the future of Iraq."

Approximately 950 students attend the school in two different shifts. The first shift is primary school for first through sixth grade and has 700 students. The second shift is secondary school for seventh through ninth grade, which has 250 students.

The ceremony began with Radi and McCarthy cutting the ribbon held by two students.

**We will never forget what the Americans have done to help bring success to the future of our children.**

**Dr. Dammadi Radi**  
Directorate General of Education,  
Babil Province

"We are all brothers and we all help one another," said Radi. "We will never forget what the Americans have done to help bring success to the future of our children."

Village sheiks, Radi, McCarthy and several others helped pass out backpacks, soccer jerseys and soccer balls donated by the U.S. Army.

"The overall mission today was a huge success," said Staff Sgt. Magaly Santillan, Civil Affairs Team Sergeant, 1411th Civil Affairs Company. "Our goal today was to officially open the school as well as establish credibility and good working relations with the local populous here."

**1st Lt. Joseph W. McCarthy, 3rd platoon leader, Charlie Company, 2nd Battalion, 28th Infantry Regiment, helps pass out backpacks to the children of the Al Medina-Al Munawera school after a ribbon cutting ceremony here, Oct. 12.**





# 29 and counting: Ansbach flawless again

Ansbach's Cougars set DoDDS record 29 consecutive wins with 48-6 trouncing of Bamberg

by **SHAUN FRANCIS**  
*Special to the Bavarian News*

Ask any high school student, and he or she will tell you that 29 is a prime number. So what makes 29 so special for Ansbach?

For Ansbach High School head football coach Marcus George, 29 was his lucky number, Oct. 16. In the freezing rain Friday night, the Cougars demolished the Bamberg Barons 48-6, and shattered the DoDDS-Europe football record for the most consecutive wins in a four-year stint. This hallmark victory places him in an historic class, all to himself, as being the only Department of Defense Dependent Schools football coach to rally his team to 29 consecutive wins.

At first, Ansbach appeared nervous after Bamberg's Javonte Knuckles bust through its defense to score the early touchdown. After that, however, it was a one-sided battle.

On the next drive, the Cougars relied on the quickness and power of Alexander Moya to score a touchdown, and Carter Gunn scored on the two-point conversion.

Then Ansbach's dynamic offense, including Moya, Barrale, Gunn and Shaun Francis, put up 40 unanswered points. On defense, Timothy Propp, Xavier Jones, and Gunn combined for 21 tackles, holding the Barons to one touchdown. In addition, Gunn and Moya recovered two fumbles to seal the Barons' fate.

So what does it take to achieve 29 consecutive wins? Perhaps it was George's 21 years of coaching experience, or the stellar performances from offense and defense. Whatever the case, the Cougars proved it takes "little bit of God, a little bit of blood, a little bit of hard work and a little bit of sacrifice from us to get where we are," said senior quarterback Dominic Barrale.



Photos by Detlev Prautzsch

**Carter Gunn breaks several tackles against the Bamberg Baron defense enroute to the Cougar's 48-6 victory, Oct. 16. The Ansbach Cougars set a Department of Defense Dependent Schools-Europe high school football record with their 29th consecutive win.**

This winning combination of God, guts, and glory seems to be the magic formula for the Cougars' impressive success story over the past four years.

"The winning tradition passed down from senior to junior to the underclassman helps the Cougars build a championship team year after year," special teams coach Tony Alvarado said.

In prime action, the Cougars have done it again. But this time, the 29th time was special because the team has broken and set its own record twice.

## Domestic violence 'epidemic' affects everyone

by **RONALD H. TOLAND JR.**  
*USAG Ansbach Public Affairs*

October is National Domestic Violence Awareness month and every year domestic violence cases increase in communities, Ansbach being no exception.

"It is an epidemic," said Daisy Boyd, Ansbach Family Advocacy Program manager. "It is an epidemic affecting individuals in every community, regardless of age, economic status, race, religion, nationality or educational background."

But what is domestic violence exactly?

According to The National Coalition Against Domestic Violence Web site, domestic violence is defined as the willful intimidation, physical assault, battery, sexual assault, and/or other abusive behavior perpetrated by an intimate partner against another.

Certain behavioral patterns of dominance and control can be red flags — controlling, going through your personal items, taking an ID card or monitoring cell phones, Boyd said. "We have noticed a cycle of violence in our community," she said. "It is like a bell curve."

When Soldiers return from deployments, many families that

For more information on domestic violence, contact Daisy Boyd, Family Advocacy Program manager, at DSN 467-2516 or CIV 09802-83-2516.

experience domestic violence go through a "honeymoon stage" for a while. Once that is over, the confusion stage sets in, resulting in the return to the violence stage, she explained. "So please, watch out for the red flags."

The main thing people can do to help battle domestic violence within the community is to report it. "We brief and educate the community and units about this epidemic and how to stop it, in addition to the number of programs and recommended treatments for help," said Boyd.

"There are in-place procedures and interventions that are to be followed, but the duty, a mandated one, of anyone that is a witness, is to report it to the military police. You are not helping families if you

do not report," she said. "That is the first step to getting help. If there is no intervention, it will only get worse. Intervention saves lives."

It is important for bystanders, even if they are friendly with the people involved, to not try to personally intervene because of the chance of injury, Boyd added.

"It is not your job to be an investigator. We have professionals in the community that do this and that is their job; they are on-call 24/7," she said. "So always call the military police first."

And the command takes domestic violence seriously.

"Awareness is important because we want to stamp out domestic violence in the community," said Col. Christopher Hickey, USAG Ansbach commander.

Boyd said enabling violators does not do them any favors.

"You do not do your spouse a service when you do not report domestic violence incidents," she said. "The command needs to get involved to make sure victims get the treatment they need so they will not live in an atmosphere that is terrifying."

"We all need to be able to live in a community that is a healthy and safe. We are entitled to that," Boyd said. "We all have to be part of the solution; it is a community effort."

## 12th CAB NCO is Career Counselor of Year

Story and photo by  
**DAVE MELANCON**  
*U.S. Army Europe Public Affairs*

Gen. Carter Ham, U.S. Army Europe commanding general, presented the Career Counselor of the Year trophy to Sgt. 1st Class Rodreque Lemon of the 12th Combat Aviation Brigade in a ceremony here, Oct. 20.

Lemon, who says he made his first attempt to earn the title three years ago in Korea, demonstrated his career counselor and noncommissioned officer skills before a panel of senior NCOs to earn the title. The panel quizzed him about his knowledge of the Army's re-enlistment regulations and current messages outlining updated policies and guidelines, he said.

Lemon said he prepared for the board during a recent field training exercise.

"Just staying focused and trying to study was my biggest challenge," he said.

Lemon will travel to Washington, D.C. early next year to take part in the Army-level career counselor competition.

"I expect to find some career counselors who really know the details of their job," he said. "So I better

ingrain those messages. I expect to face some stiff competition."

Ham said career counselors are the cornerstone that ensures the all-volunteer Army retains its most qualified Soldiers and noncommissioned officers.

"The Army today is the way it is because of noncommissioned officers and because of the extraordinary efforts that has gone into making sure we retain the very best Soldiers and noncommissioned officers to build the force that our nation needs today," Ham said. That would not be possible without these four and all of the career counselors that they represent."

Staff Sgt. Mariel Burgon, Headquarters USAREUR; Staff Sgt. Kelsey Rasmussen, 170th Infantry Brigade Combat Team; and Staff Sgt. Marc Brooks, 28th Transportation Battalion, also took part in the competition and were also congratulated for their efforts and excellence.

"These noncommissioned officers represent the very best of a select group," Ham said. "Together we are retaining the Soldiers and noncommissioned officers that meet our standards and are the right Soldiers, the right noncommissioned officers to take our Army into the future."



**Gen. Carter Ham, U.S. Army Europe commanding general, presents the Career Counselor of the Year trophy to Sgt. 1st Class Rodreque Lemon of the 12th Combat Aviation Brigade in a ceremony in Heidelberg, Germany, Oct. 20. "The Army today is the way it is because ... we retain the very best Soldiers and noncommissioned officers," Ham said.**

## Last day for COLA survey input Oct. 31

Eligible Soldiers and family members will have the chance to directly affect part of their paychecks this year by taking part in the Living Pattern Survey. Results from the online survey help determine amounts of Overseas Cost of Living Allowance paid to service members stationed overseas.

For surveyors in the Ansbach garrison, participants can simply access it at the Ansbach home page, said Donna Bond, who is heading up the local initiative.

"The link to the survey is on the Ansbach Home page at [www.ansbach.army.mil](http://www.ansbach.army.mil), right at the top," said Bond.

According to the DTMO directive, those Soldiers required to complete the LPS are all Soldiers not living in the barracks, who are on permanent duty orders to Germany and who have been in country for at least three months, and are assigned to selected communities, including Ansbach.

"We anticipate maximum participation from all active duty Soldiers not living in the barracks," said Bond.

*Editor's Note: Information gathered from U.S. Army Europe and USAG Ansbach news releases.*



# Units prepare families for Soldiers’ return

Story and photo by  
**SANDRA WILSON**  
*USAG Schweinfurt Public Affairs*

Preparations for the return of 172nd Infantry Brigade (Separate) have begun and family members and friends may find themselves on pins and needles as the much-anticipated day approaches for their Soldier to come home.

In order to fully equip those preparing for that special day of reunion, 1st Battalion, 2nd Infantry Regiment held two meetings, Oct. 6, to lay out the welcome home notification procedures.

“It’s always good to have a refresher,” said Lori Rothe, family member, who is preparing for her husband’s second redeployment.

Spouses or other designated welcome home ceremony guests can expect two phone calls, according to Capt. Joshua Buchanan, commander, Company D, 1st Bn, 2nd Inf. Regt. The first call will notify them that their Soldier has secured a seat on the airplane and will be in Germany within the next 24 to 48 hours.

“There are never-ending obstacles to getting your husbands home sometimes,” Buchanan said, referring to the mechanical difficulties related to airplane and bus transit back to Schweinfurt. Because of possible delays, Soldiers may not return in their scheduled order of departure from Kuwait.

Once the Soldier has disembarked the plane and has begun the bus journey from the airport to Schweinfurt, the second call goes out to the family member. The caller gives an approximated time the Soldier will arrive in Schweinfurt and



**Capt. Joshua Buchanan, commander, Company D, 1st Bn., 2nd Inf. Regt., helps battalion family members prepare for their loved ones’ return.**

will include a scheduled time for their welcome home reception ceremony.

“We ask (that spouses) go straight to Finney Gym for the welcome home ceremony,” Buchanan said.

“It will not happen any earlier than that (the

time given in the second phone call).” But, he said, family members and friends are welcome to arrive early at the gym if they don’t mind waiting.

Upon arrival to Schweinfurt, Soldiers must complete the unit reception stations before being

transported to Finney Gym to be reunited with their families.

“It’s going to be a big change for them” to have dad around again, Rothe said about her three children.

Many family members, including Rothe, are adorning their homes with ribbons and decorations, waiting to hang the personalized banners outside at the appropriate time.

“If your banner is in good taste, there should be no problem with having it hung two days before and two days after” the Soldier’s arrival, Buchanan said. During past redeployments, Buchanan said some family members left ribbons and banners up for extended periods of time, even up to eight months after Soldiers had returned.

“We’re working directly with the garrison (and) building coordinators (Department of Public Works) to ensure that we meet the banner policy in a way that welcomes home our Soldiers in a world-class effort,” Buchanan said.

In addition to family members getting ready with their decorations, volunteers in the battalions are also cleaning the areas and preparing the barracks for returning single Soldiers.

Volunteers have made beds with fresh sheets, cleaned refrigerators and bathrooms, prepared USO care bags and mugs, and hung ribbons and banners to welcome home the warriors who may not have a loved one at the gym to greet them.

“They’ve done so much over there and (our goal is) for them to walk in and see how much we appreciate all they’ve done,” said family member Caroline Palmer.

# Schweinfurt auto skills shop named Army’s best

Story and photo by  
**SANDRA WILSON**  
*USAG Schweinfurt Public Affairs*

The U.S. Army Garrison Schweinfurt Auto Skills Center on Conn Barracks has again garnered the top Department of the Army award for auto crafts shops across the globe.

“Luck has nothing to do with it,” said facility manager and certified auto mechanic Tom Woditsch, referring to the fact that Schweinfurt’s facility has won twice in the last three years.

Evaluators paid close attention to the facility’s programming and automotive-and-facility enhancements made over that last year.

“Since financially ... we were very successful in 2007 and 2008, we were able to utilize that money and purchase some improvements for the facility,” Woditsch said. Among some of the purchases were a Tungsten Inert Gas, or TIG, welder and a

tubing bender machine to bend exhaust pipes.

“Everything that I asked for from this command, from the garrison in Schweinfurt, I was given ... It was no longer a question of do we really need it or no. It was more of a ‘When do you want it, when do you need it?’ which was not the case in other places I’ve worked,” Woditsch said.

The award-winning community programming included winter auto maintenance classes, vehicle and shop orientations for spouses with deployed husbands, and involvement in the Edge! program to offer youth the chance to fix up a vehicle.

“We’re here for ... everybody on this post. There’s many times I’ve stayed late to help them finish,” said Cory McDowell, auto skills facilities operator and certified mechanic. “We understand that not everybody’s born as a mechanic.”

In addition to classes

and facility and equipment improvements, the team at the Schweinfurt auto skills center has often been asked for help behind the scenes.

Using their forklift, they’ve move grand stands and bleachers, set up wrecked-car memorial displays, picked up abandoned vehicles, and hosted a Fourth of July car show with 42 entries.

“I have a very well-trained staff, and we communicate with each other very well,” Woditsch said. He add that he sends his employees to automotive training as much as possible and cross-trains them, as well. “If problems arise or the community needs us to do anything ... we are able to react very quickly.”

Another award under their belt has not stopped the momentum.

“We have a big passion for it,” Woditsch said. “We refuse to be just another run-down crafts shop in the corner.”



**The U.S. Army Garrison Schweinfurt Auto Skills Center at Conn Barracks, shown here, was named the best in the Army for the second time in three years.**

**The award was based on programing and classes offered as well as facility resources and enhancements made over the last year.**

# Ledward library receives top award, renovations attract patrons

Story and photo by  
**NATHAN VAN SCHAİK**  
*USAG Schweinfurt Public Affairs*

There are many reasons why the Ledward library recently received the IMCOM-Europe Outstanding Recreation Program Award.

“Programs, listening to your clientele, and professionalism and staff,” among them, said Christine Willis, Ledward librarian.

And that’s just scratching the surface. The award, which honors Army in Europe libraries on a range of categories, recognizes achievements in community programming, significant improvements, customer-guided programming, effective use of facility, training, and publicity and promotion, according to Jim Mattingly, an IMCOM-Europe Family, Morale, Welfare and Recreation (FMWR) representative.

The library has undergone several renovations that make it stand out. Its coffee lounge, which offers modestly priced selections of coffee, is situated within free Wi-Fi range. A new teen center, videogame room and database all combine to create more robust services.

“The teen area was in the back of my head since 2008,” said Willis. “I wanted to start approaching the neglected clientele of every military community, and that’s the teens.”

Libraries don’t have to be boring, Willis said. In an effort to attract teens, the library now offers a teen center exclusively geared

towards those interested in comics and other young adult materials.

The new video game room hosts three large screen televisions along with various gaming consoles to include Xbox, Wii and PlayStation 3.

The facility also boasts a new Web catalog, providing customers with expanded access to the Army in Europe Libraries database.

“Customers can access library Web page from home, create their own accounts. From home they can browse the card catalog and the research data banks,” Willis said. Additionally, library patrons can now request and renew materials from the comfort of their own home, a service never before provided.

Ledward library received the top honor from a pool of the large garrisons in Europe.

Selection for the award was based on packages submitted by Army Europe libraries. Members from the Recreation Branch of IMCOM-Europe FMWR made the decision.

“They want to see what programs we do, how the programs are affecting our customers,” said Willis. “Do we integrate our customers? Do we listen to our customers for their input? They want to see what is new, what renovation plans (we have) and how we communicate with the other MWR or garrison facilities.”



**Kim Nguyen-Roberts jams out to Guitar Hero in the Ledward library’s new videogame room. The library recently received a top award from IMCOM-Europe FWMR and has improved services with recent renovations including a new coffee lounge, teen center and database.**



# ACS eases minds of parents-to-be

by **SANDRA WILSON**  
*USAG Schweinfurt Public Affairs*

The home pregnancy test you took came out positive and a short visit to the health clinic has confirmed it: you're pregnant. Whether it's joyous news or an unexpected surprise, mothers-to-be and their significant others are encouraged to learn how



Courtesy photo

**Army Community Service has answers for your baby-related questions at OB Orientation.**

to best take care of the little life growing inside by attending Army Community Service's class, OB Orientation.

Next held on Ledward Barracks, Nov. 18 at 9 a.m., the class takes place once per month and offers resourceful information pertaining to health insurance, procedures of German hospitals, birth registration and passport, expected body changes and nutritional health.

"I have several goals when I do the class," said Sandy Erb, registered dietitian and wellness counselor for Women, Infants and Children.

"The most important (goal) is trying to show the women how easy it is to eat a healthy diet," she said. "I also try to dispel the myth that when you are pregnant, you cannot 'eat for two' as was told to us as we were growing up."

In addition to offering nutrition education, a representative from the Schweinfurt passport office also attends the class to inform expecting parents of the paperwork and procedures involved in registering their newborn, as well as obtaining passports and a Social Security Number. Some of the necessary documentation can be prepared before the baby is born, according to Dennis Randall, human resources specialist in the USAG Military Personnel Division.

The next OB orientation will be held Nov. 18, at 9 a.m., on Ledward Barracks at ACS.

"This is a valuable class because it introduces you to many people and resources that can help you be successful in having a good experience when delivering your new baby in Germany," said Diane Harmon, home visitor with the Army Community Service's New Parent Support Program.

Another representative, one of the Schweinfurt health clinic's patient liaisons, stops into the class to explain services that are available to parents while they are in the German hospital and can often be instrumental in finding answers to any questions that may come up. Some Tricare information and coverage is also supplied.

Finally, class participants can learn about the differences in provided care between American and German hospitals and doctors. The "Mutterpass," or prenatal patient record book, is explained so parents can understand prenatal tests and labs that are ordered, and monitor developmental progress throughout the pregnancy.

## Team takes prevention measures to Iraq, facilitates healing

The first installment of a three-part series to raise awareness during Domestic Violence Awareness Month

by **NATHAN VAN SCHAİK**  
*USAG Schweinfurt Public Affairs*

Reintegration can be a time of both excitement and anxiety for military families. It, however, may also be a time whereby military families are at a greater risk of domestic violence, according to Dorian Rinehart, the Family Advocacy Program supervisor for U.S. Army Schweinfurt Health Clinic.

"We see a rise in domestic violence six months prior to and nine months after deployment," Rinehart said. Multiple deployments can also take a toll on the lives of military families.

Among family members dealing with domestic violence, individual cases of violence per family tend to increase incrementally with each successive deployment, according to Rinehart.

To deal with the issue, the Army is taking great strides to prevent domestic violence before it even starts.

The Europe Region Medical Command (ERMC) recently dispatched a five member Behavioral Health Team to Iraq as part of the Army's effort to facilitate the reintegration process for members of the 172nd Infantry Brigade (Separate).

Capt. Diana Colon, a behavioral health clinician and chief of Social Work Service at the Schweinfurt Health Clinic, was part of the team traveling to Iraq.

"We were aiming to integrate physical, behavioral, spiritual, health care and support of families by going to their commanders downrange and talking to them, ... finding out what are the issues, and giving them a heads-up to what the families are to expect during the integration week," Colon said.

To the Soldiers who will soon be returning home, Colon's message on family violence was clear: "Get help before it leads to pushing and shoving and destruction of property."

"During our briefings we always gave an example that alcohol is a real issue," Colon said. While there might be no direct correlation between alcohol and family violence, alcohol could exacerbate problems in the home, she said.

In addition to offering services on site, Colon met with Soldiers already receiving treatment. Her goal was to create a seamless transition from treatment downrange to treatment at the behavioral health facilities in Schweinfurt.

"We want to make sure nobody slips through the cracks," Colon said. Her visit to Iraq aims to reduce the chance that Soldiers returning from Iraq might feel distanced from behavioral health care providers or unable to schedule a timely appointment.

"You get a same-day appointment. We'll see you right away. That's our commitment to this group and every other group," she said.

*Editor's Note: The second part of the three-part series will focus on identifying and reporting domestic violence. Check the Schweinfurt section in the Nov. 11 edition of the Bavarian News.*

# Sling loaders keep prime movers moving

Europe-based Soldiers strive for certification

Story and photo by **MARK HEETER**

*USAG Schweinfurt Public Affairs*

Grabbing straps. Tugging strings. Checking chain links. Thirty-eight Soldiers from across U.S. Army Europe trained to become certified sling load inspectors, responsible for inspecting cargo lifted and transported via helicopter, at Camp Robertson training area near Schweinfurt, Oct. 5-9.

"(The helicopter) is our main prime mover of equipment in Afghanistan," said Sgt. 1st Class William Baker, the leader of the four-man mobile training team (MTT) from the Quartermaster School at Fort Lee, Va., who conducted the training in cooperation with the 21st Theater Sustainment Command (TSC).

"These units are rotating back knowing that they have to have this tool in order to get their equipment safely from Point A to Point B, because of the mountainous terrain (in Afghanistan)," Baker said.

While many of the students were assigned to the 21st TSC, Soldiers from Schweinfurt, Hohenfels, Bamberg, and Vicenza, Italy, were among the candidates aiming for certification.

"With 21st TSC being a sustainment command, all the tools ... about sling load and air assault training, it assists us as well, providing support to the units that actually on the ground, fighting in Afghanistan," said Master Sgt. Anthony Young, who, as a member of 21st TSC operations, helped select the training location and

provide logistical support throughout the 40-hour course.

"We also have to be able to provide them with equipment, supplies. We have to be able to get it to their locations, which would involve sling loading," Young said.

Throughout the week, the MTT taught basic loading principles and evaluated both written and hands-on tests for the Soldiers, who came to the course from a variety of military occupational specialties.

"The whole purpose of sending us out here is to get hopefully at least one person certified at each (forward operating base) that we go to," said Sgt. Matthew Clark, an infantryman who has deployed once with the 1st Battalion, 4th Infantry Regiment, in Hohenfels.

"Make sure you put your hands on the equipment, instead of just looking at and saying, 'Hey, it's good,'" Clark said, when asked what advice he would give to Soldiers who want to become certified sling loaders.

The students were trained and tested on inspecting loads of water containers, cargo bags, five- and 10,000-pound cargo nets, and Humvees.

Working with Soldiers from different jobs and units added to the value of the course, according to Spc. John Herold, 5th Quartermaster Company, 21st TSC, who has been a parachute rigger for three years.

"I've always found it fascinating, because not only do you get to do training with other Soldiers, you get to expand your knowledge," Herold said.

"You get the knowledge of, 'Wow, it takes everybody to make the whole Army,' rather than one just thinking they're the best," he said.



**Spc. Geoffrey Gilsdorf, 635th Movement Control Team, 21st Theater Sustainment Command, fills out a sling load inspection form during the hands-on testing in the Camp Robertson Training Area, Oct. 8.**

# 'Zeen' magazine by teens, for teens coming soon

Story and photo by **EMILY ATHENS**

*USAG Schweinfurt Public Affairs*

"Extra, extra, read all about it" is what teens of the Schweinfurt community will be exclaiming in the coming weeks with the release of the youthful, fresh magazine just for the young adult population.

Entitled "The Zeen," the magazine will feature the writings of local teens to include poetry, movie reviews, articles, health and beauty tips, horoscopes, comics and much more.

"It's for the teens by the teens," said 18-year-old Trey Nevard, who writes articles with a focus on comic strips. "Basically, something teens like us would want to hear and read."

Jason Lawor, a library technician who proposed the idea months ago, explained how he coordinated a group of 10-15 teenagers to meet every

Wednesday and discuss magazine material and design layout.

"It's beneficial because it's giving them real-world experience in regards to writing, editing and meeting deadlines. It sparks their creativity and they have fun," Lawor said.

Youth who enjoy writing, art and media design have the opportunity to expand their knowledge and express their creativity, while others can simply read and enjoy the publication.

"We write about things we like and want to talk about, and let teens here know what's going on," said Emma Moreno, 19.

Morena said the featured ads in the magazine pertain only to events in the community for youth.

After almost two months of extensive planning, coordinating and designing, the magazine will be released and available in print and on the Schweinfurt homepage soon.



**Zachary Nevard, 13, Emma Moreno, 19, and Trey Nevard, 18, review the draft of "The Zeen" with Jason Lawor, library technician and mastermind behind the idea of the magazine.**



# Fire Safety Week adds excitement to training

by **JOHN REESE**  
*USAG Garmisch Public Affairs*

Every year the folks who keep USAG Garmisch safe raise the bar and make their exercise more exciting, interesting and involving for the community. 2009 was no exception.

“This was the best Fire Safety Week drill ever,” said Principal Debbie Strong, Garmisch Elementary-Middle School.

In 2007, Fire Chief Wolfgang Pauls-Polch and Safety Officer Andy “Safetyman” Tuerk put up static displays and simply activated the school fire alarm.

By 2008, the semiannual drill included local city firefighters using hydraulic scissors and the “Jaws of Life” to rip apart a car, a live-fire trainer for employee extinguisher training, and a nontoxic smoke machine to better simulate a fire at the school.

This was topped off by the chief blocking the schoolhouse doors as a surprise twist to make students and teachers think about their alternate evacuation routes.

For this year’s drill, Oct. 8, when Pauls-Polch and Tuerk began the exercise with the smoke machine, they added the Garmisch Fire Department entering the school with charged hoses and simulated casualties requiring evacuation. In a convincing performance,



Photo by Erica Hansen

**Two firefighters spray a jet of water out of the front of the schoolhouse, adding realism to their training while demonstrating firefighting techniques for students.**

Strong played the part of an unconscious victim who needed to be removed via stretcher.

“Part of the drill is the cooperative training with the city firefighters,” explained Pauls-Polch. “They react when they get the alarm so

we can determine how long it takes for them to get here.”

Handling a charged line is much more challenging than a hose minus water pressure; instead of a light, pliable, easy-to-carry hose, at least two firefighters at the nozzle have to manhandle the heavy, stiff and contrary monster that kicks hard when opened.

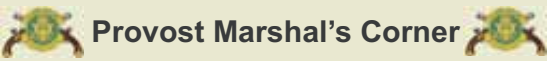
“After they entered the school, they sprayed water out of the windows to complete the firefighting portion of the exercise,” said Tuerk. “We haven’t done that level of realism before.”

“We went to the front of the school to watch their demonstration with water hoses,” said Strong. “Then grades kindergarten to second rode on the fire truck through the Breitneau Housing Area.”

The chief and Safetyman distributed fire safety awareness coloring books, stickers and fire helmets to the younger kids, and all of the children received garrison fire department T-shirts.

The team also passed out educational materials to the adults in the housing area and conducted two live-fire extinguisher classes, allowing employees to attack a gas-fed fire in a controlled environment with an extinguisher.

“We’re always looking for ways to improve training to keep our community safe,” Tuerk said.



Provost Marshal's Corner

## MPs support Garmisch DES

by **Capt. SCOTT WOIDA**  
*Provost Marshal, USAG Garmisch DES*

From Aug. 27 to Oct. 9, five military policemen from the 630th MP Company in Bamberg, the 554th MP Company in Stuttgart, and the 709th MP Battalion in Grafenwoehr supplemented Garmisch MPs to support annual training requirements and increased operations tempo associated with numerous fall events, most notably Oktoberfest.

The MPs provided additional patrol resources and brought a new perspective on force protection and law enforcement throughout their tour. The overall exercise was a great experience in the personal and professional development of all involved.

“This was my first detail in Garmisch,” said Sgt. Bradley Pashia, 709th MP Bn., who served as a patrol supervisor.

Garmisch is one of those places that has the potential to strengthen the spirit of Soldiers and their families, said Pashia, adding that unlike other places he’s been, the people of Southern Bavaria were often very nice and open to conversation. Some patrol routes were also a change of pace from his usual job.

“The road to the NATO School in Oberammergau is a historic road with statues of the saints placed in carved sills in the side of the mountains,” said Pashia. “It seems like a very old road; perhaps an ancient pilgrimage road to the monastery.”

In addition to the MPs, 2nd Stryker Soldiers from Vilseck in full body armor and with weapons also provided random antiterrorism patrols, further increasing the garrison’s security.

The community bid farewell to the Soldiers, Oct. 9, before they returned to their home stations. During a small ceremony, the junior MPs reminisced about their time patrolling the foothills of the Bavarian Alps, hiking trips up the mountain trails, and friendships shared. Meanwhile, the NCOs discussed lessons learned such as the implementation of additional security missions for the start of the school year, the patrols by the Stryker Regiment during times of increased force protection measures, and the Joint Staff Integrated Vulnerability Assessment.



Photo by Spc. Justin Bengé

**Capt. Scott Woida, USAG Garmisch Provost Marshal, thanks military policeman Spc. Carmello Roldan for his service to the community before returning to his home unit. Roldan and other visiting MPs received a coin along with the garrison’s gratitude.**

## Garmisch gets AM radio frequency

After 16 years of trial and error, community perseverance pays off

*Armed Forces Network-Europe Public Affairs Press Release*

After 16 years of attempts, technical problems and perseverance, the American Forces Network Europe was finally able to install a second transmitter on Artillery Kaserne in Garmisch.

For years it seemed like AFN had a solution to their broadcasts interfering with assorted electronics and communications, but every time their engineers tried something new another glitch would pop up, said Tony McKinney, broadcast operations manager for AFN “The Eagle.”

In 1993, the radio signal interfered with the video equipment used for broadcasts at the Marshall Center.

“AFNE dispatched engineers to eliminate the interference but, no matter what they tried, it didn’t work,” said McKinney. “They had to shut the transmitter down.”

Ten years later the AFN engineers tried again, this time using the attic of a building, only it caused the building’s elevators to stop working.

Next they installed a transmitter at Keans Lodge on Kramer Mountain above Artillery Kaserne.

The signal was perfect and the techs

went home, said McKinney.

“Then the phone rang. The good news was that the call didn’t come from the Keans Lodge. The bad news was that it couldn’t because their phones weren’t working,” explained McKinney. “You probably know what happened next.”

The signal was shut down and it was back to the drawing board.

“We made many trips to Garmisch,” said AFN Bavaria Chief Engineer Rainer Wunderlich. “We find a location. We check the equipment. It works perfectly. Then we get the call that there’s a problem. It was frustrating.”

The Garmisch military community finally got their second radio frequency, AM 1485, the Powernet, Oct. 15.

“They finally found a spot,” said Dave “T-Bar” Lonkhurst, a mechanic at the

Garmisch Auto Crafts Shop who’s lived in Garmisch for 18 years.

“I love AFN radio. We have it on constantly at home and now we have one more service to listen to,” he said.

Most of the community had followed the progress of trying to find a home for the transmitter, said Lonkhurst, adding that the most important news he gets from AFN is the weather so he knows whether to wear pants or shorts.

“This is just one of many challenges we’ve had over the years. We try to do our best and in this case, it took several years,” said Wunderlich “At the end, when you get the result you wanted, it feels great. Because we know it’s what the audience deserves.”

*Editor’s note: John Reese, USAG Garmisch public affairs, contributed to this article.*



**With Garmisch’s new radio frequency, AM 1485, Armed Forces Network’s Powernet news and talk radio station is now available to those in and around Garmisch.**



## Cookin’ up Hispanic tradition

**Martha (left) and Jihyun Ibanez prepare tasty food samples, Oct. 7, in the Pete Burke Center kitchen for the USAG Garmisch community’s Hispanic Heritage Month celebration. Martha is the mother and Jihyun is the wife of Maj. Luis Ibanez, USAF, who works at the George C. Marshall Center. Ethnic events like this can only happen through the assistance of volunteers.**

Photo by John Reese

**Free flu shots today**

The date for flu shots has been moved up to Oct. 28. Free flu shots will be available for all personnel and family members (including local nationals) in Building 203 in the medical offices next to ACS, today, from 9 a.m. - 1 p.m. and 3-6 p.m. For more information, call the Tricare office at DSN 440-3816 or CIV 08821-750-3816.



# Event recognizes employees with disabilities

Story and photo by  
**Sgt. DANIEL J. NICHOLS**  
*U.S. Army Europe Public Affairs*

“The strength of the Army workforce comes from its diversity, and persons with disabilities are another aspect of the diversity that makes our Army so great,” said Gen. Carter F. Ham, U.S. Army Europe commanding general, during a lunchtime event here Oct. 20 in honor of National Disability Employment Awareness Month.

Harry Connors, government relations advisor for U.S. Army Garrison, Baden-Wuerttemberg, also spoke at the event, telling how he struggled to overcome injuries he received in Vietnam so he could continue to serve.

“If you are or become, quote - disabled - unquote, you do not have to accept the limitations it seems to impose on you,” said Connors. “You can do everything in your power to overcome it and find ways around it. Society may say that you are disabled or handicapped, but you are only so if you believe them and agree with them.”

The event recognized those with disabilities who are currently

employed by the Army, and encouraged continuing to employ the disabled. During his remarks, Ham cited examples of senior leaders and other members of the Army workforce who overcame disabilities and continued to serve and perform their duties success fully.

“These are single examples of individuals who refused to be deterred by their physical disability,” Ham said. They have not given in to the disability; in fact, they have answered the question for themselves ... ‘What is it that I can do?’, and they have pursued those goals.”

Ham encouraged the Army in Europe community to give equal consideration to people with physical disabilities when filling job vacancies.

“Provide the opportunities, raise your expectations, and allow those with disabilities to fully participate in your organization,” said Ham. “Our Army has a long tradition in leading the nation in change such as this, and now it’s our opportunity to lead the way for all of America to show that Americans with disabilities can and will exceed all expectations. Our job - all of our jobs - is to provide that opportunity.”



**Gen. Carter F. Ham, U.S. Army Europe commanding general, speaks to guests at the National Disability Employment Awareness Month recognition event on Campbell Barracks in Heidelberg, Oct. 20.**

# Double speed cameras can mean fines, suspensions

by **ROBERT SZOSTEK**  
*USAREUR Office of the Provost Marshal*

U.S. Army Europe drivers who travel on German autobahns should remember that

**Autobahn drivers are reminded that German police install double speed cameras to ticket drivers who speed for long distances. Being caught in two sequential radar traps can mean up to 2,000 Euro fines, six-month suspensions and more.**



German police sometimes set up more than one radar camera along the same stretch of autobahn, say USAREUR Office of the Provost Marshal officials.

“The theory is that anyone can unwittingly

drive faster than the speed limit for a short time,” said Maj. Vincent Amerena, deputy chief of law enforcement at the USAREUR OPM.

“But someone caught in two sequential traps is obviously speeding deliberately,” he said.

The Rheinpfalz newspaper reported recently that double camera control points were currently set up near Baumholder on autobahn A62, and noted that similar control points are planned along autobahns A63 and A6.

According to the article, excessive speed is involved in 80 percent of the accidents with injuries or deaths in these areas.

A spokesman for the USAREUR Vehicle Registry said anyone caught speeding in two sequential radar traps is liable for fines of up to 2,000 Euro, a six-month

suspension of driving privileges and 12 points to their USAREUR driver’s license.

**“The theory is that anyone can unwittingly drive faster than the speed limit for a short time, but someone caught in two sequential traps is obviously speeding deliberately.”**

**Maj. Vincent Amerena**  
USAREUR Office of the Provost Marshal

“Two tickets on the same day could easily put someone over 12 points in one year,” said Tom Lorenzini, registrar at the USAREUR Vehicle Registry.

In that case, their license is required to be suspended for six months, he added.

Motorists in Germany face driving suspensions of at least one month if they are caught driving more than 31 kilometers per hour faster than the speed limit inside built-up areas.

Outside built-up areas the driving suspensions kick in at speeds of 41 kilometers per hour over the speed limit.

Driving suspensions issued by German authorities always lead to the suspension of a USAREUR license, OPM officials added.

# New electronic claims filing system simplifies, speeds process

by **BRADLEY J. HUESTIS**  
*JMTC Office of the Staff Judge Advocate*

Soldiers and Army civilian employees may seek compensation for property loss and damage sustained incident to service through the U.S. Army claims system.

Each year, thousands file personnel claims for household goods lost or damaged during shipment. These permanent change of station claims comprise the vast majority of personnel claims.

In addition, personnel claims may also be filed in other situations such as losses due to fire or flood at on-post quarters.

This month, the Army fielded a new personnel claims computer program: the Personnel Claims Army Information Management System.

This new program permits Soldiers and Army civilian employees to file their personnel claims through the internet, rather than having to physically visit or mail documents to a military claims office. Although paper copies of claims will still be accepted, the new program will make it easier to file claims for property loss.

The PCLAIMS program can be accessed at the Judge Advocate General’s Corps Internet site at [www.jagcnet.army.mil](http://www.jagcnet.army.mil).



**Huestis**

[jagcnet.army.mil](http://jagcnet.army.mil).

Once there, claimants must click on the U.S. Army Claims Service link and then click on the PCLAIMS link to access the program.

The PCLAIMS link describes the rules for filing personnel claims and allows claimants to fill out the required forms. Claimants must have an Army Knowledge Online, or AKO, account to use the new system. Claimants without such accounts should contact their nearest military claims office to file their claims.

When using PCLAIMS, claimants must list all lost or damaged property, the purchase dates and costs, and replacement or repair costs; this is the same information required when claimants file paper claims in person.

Basic supporting documents, such as a government bill of lading (for transportation-related claims), estimates of repair and photos of damaged property can be scanned and added to the electronic claim.

When claimants do not have access to a scanner, they can mail or hand-carry documents to their local military claims office.

Once claimants have entered all of the necessary information, they will be prompted to verify their claim and

submit it electronically.

The local military claims office will then adjudicate the claim and arrange for payment, as appropriate.

Current e-mail and telephone numbers are critical so that the claims office may contact claimants with any questions that arise during the adjudication.

The PCLAIMS system should not be confused with the Full Replacement Value program.

Under FRV the claimant files directly with the carrier and can seek full replacement value for any lost or damaged items. When seeking FRV, claimants only have nine months to file.

Under PCLAIMS the claim is against the U.S. Army and applicable rules allow for depreciated rather than full replacement value.

PCLAIMS cannot be used to file claims against carriers; it can only be used for personnel claims filed against the government. If, however, claimants are dissatisfied with carrier offers to settle claims under the FRV program, they may reject the offers and file their claims against the government via PCLAIMS.

In this situation, claimants should also contact the nearest military claims office, because there is no interface between FRV claim filing and PCLAIMS filing. Therefore, the military claims office will need to know about the earlier

FRV claim in order to request the carrier transfer the claims from the FRV process to the military claims system.

The PCLAIMS system is designed to give Soldiers and Army civilian employees more flexibility when filing their personnel claims.

Questions or comments about this new program should be directed to local military claims offices.

For assistance with claims filed in Bavaria, call the Ansbach Law Center, 467-2104/civilian (09802)

832104; the Bamberg Law Center, DSN 469-8411/civilian (0951) 3008411; the Grafenwoehr Law Center, DSN 475-8428/civilian (09641) 838428; Schweinfurt Law Center, DSN 353-8809/civilian (09721) 968809; Vilseck Law Center, DSN 476-2240/civilian (09662) 832240 and the Hohenfels Law Center, DSN 466-2401/civilian (09472) 832401 (members of the Garmisch military community should call the Hohenfels Law Center for claims processing support).



*Courtesy photo*

**Individuals can now file personnel claims online.**





Photos by Pfc. Audrey Glynn

Soldiers from the 57th Signal Company and spouses celebrate after being reunited at the Grafenwoehr Fitness Center, Oct. 12. More than 100 advance party Soldiers from the 172nd Infantry Brigade will complete inprocessing procedures before preparing to receive the rest of the brigade in the next several weeks.

# Community ready for Soldiers’ return

Continued from Page 1

deployment together, I feel like it flew by compared to the other one,” Deborah said. “We got to talk on the phone or Internet almost every day and he even made it home during the deployment for Braiden’s birth.”

She said the family had plans for a ski vacation in Garmisch later this year.

The ADVON will undergo a seven-day reintegration process, before it begins coordinating the redeployment of rest of the Blackhawks.

The reintegration process includes updating paperwork, attending redeployment briefings, receiving immunizations and dental check-ups, and participating in a unit family day. Once reintegration is complete, ADVON Soldiers will take their place with their separate units and get right to work.

“The arrival of ADVON is crucial to our mission’s success,” Stetson said. “We need as much support as we can get to bring everyone else home safely.”



Deborah Cousino waits with her two sons Braiden, 7 months, left, and Noah, 2 years, for her husband, Sgt. Sean Cousino, at Grafenwoehr Fitness Center.

# Good hygiene prevents onset of flu

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“It’s also important you watch for more information about the H1N1 vaccine.”

According to a Europe Regional Medical Command release, the H1N1 vaccines are expected to arrive in Europe early November. Deployed and deploying Soldiers will be immunized first, followed by health care workers, emergency first responders, 6 month olds to 24-year-olds at-risk groups and other authorized beneficiaries.

Beneficiaries that fall into the at-risk group include pregnant women; children under the age of five; adults who are 65 years and older; people with health conditions such as diabetes, asthma, heart disease and cancer; health care and child care workers; and people who have compromised immune systems, Woodring said.

If a person experiences flu-like symptoms, Woodring recommends the person stay at home and treat the symptoms with medications aimed at reducing fever,

For more, visit the Centers for Disease Control and Prevention Web site at [www.cdc.gov](http://www.cdc.gov), contact the BMEDDAC Public Affairs Office at DSN 476-4605 or CIV 09662-83-4605, or call the Nurse Advice Line number at 00800-4759-2330.

body aches and possible nausea.

“At this point, you don’t need to schedule a medical appointment unless you fall into the at-risk group; you feel like your condition is worsening; or you require medical care for symptoms like difficulty in breathing, bloody sputum or spit, chest pain, turning blue or a change in your mental status,” Woodring said. “Otherwise, you should stay at home, get some rest and fully recover before going back to work.”

People experiencing flu-like symptoms should be fever-free for 24 hours without the use of fever-reducing medicine before returning back to work or school. Those

who care for children and health care providers should remain at home for a full seven days from when their symptoms began, said Woodring.

When in doubt, beneficiaries should call their local Army health clinic or the Nurse Advice Line for more information.

“The Nurse Advice Line is a great service for our beneficiaries,” Woodring said. “You can be connected to a registered nurse 24 hours a day, seven days a week who can answer your health-related questions. If needed, the nurse can even make a medical appointment for you at your local Army health clinic.”

# Soldier’s quick thinking, action saves lives

Continued from Page 1

Babil Province, Iraq, in January, when Louangketh and members of his platoon came across a member of Sons of Iraq near a checkpoint.

“The security team dismounted, and I started walking toward (a) tent, and just as I did, he was standing there holding his AK (-47), which is kind of awkward, because most of them have them on their shoulder or kind

of dangling,” he said, noting that the man looked nervous.

“Just as I turned my head to get my interpreter, he sprayed me, pretty much, almost point blank range,” Louangketh said.

“I fell down and I guess I blacked out for a couple milliseconds, but I woke up to automatic gunfire.

“He was standing at my feet, spraying at my guys, so I went to grab my M4.

“Just as I brought it up, he

saw me move and realized I was still alive and he tried to finish me off with a headshot,” Louangketh said.

“All I heard was a click, and it gave me a couple seconds to return fire,” he said.

His commander was not surprised that Louangketh risked his own safety to help the car accident victim, and that he did not tell anyone what he had done.

“I’m not at all surprised by the fact that he did it, because

not only would he do it, I think, but a lot of Soldiers would do the same thing,” said Capt. Joshua Buchanan, commander, Co. D, 1st Bn., 2nd Inf. Regt.

“He’s been a real inspiration, in particular, to Soldiers that face the same challenges he does,” Buchanan said.

“His particular situation is one of the most challenging stories you’ll hear about,” Buchanan said. “It helps him, even more, I think, to help other people.”

# Safe practices for trick-or-treating start in the home



Continued from Page 1

Have their parents inspect their candy before they eat it. Homemade treats or baked goods should be discarded. Treats should always be commercially wrapped. Inspect treats for any signs of tampering, such as unusual appearance, discoloration, pinholes or tears.

Discard candy with open or torn wrapping. Adults should remove any choking hazards for small children like peanuts, hard candies or small toys. Take extra care if your child has allergies. Check food labels and avoid candy without a label that lists what’s in the candy.

For Halloween parties, make sure juice is pasteurized. If having food catered, make sure you work with a reputable food company that uses properly working chafing dishes to keep hot food hot. Hot food should be kept above 140 degrees Fahrenheit.

Keep cold foods cold. Make sure you have plenty of room in your refrigerator to store cold foods before, during and after the party. Cold foods should be kept at 40 degrees Fahrenheit or below. If bringing food to a party or preparing your own food, make sure to keep cold foods cold and hot foods hot. Choose simple dishes that can either be put into a refrigerator or transported in a cooler.

Food like cold, precooked meatballs and chicken wings can be reheated to 140 degrees Fahrenheit or hotter in a microwave oven. Wash fresh fruit and vegetables before serving or preparing.

We in the U.S. Army Veterinary Service would like to wish everyone a safe and happy Halloween!

**GO HOME !**

Visit the U.S. Army Garrison Grafenwoehr Web page, [www.grafenwoehr.army.mil](http://www.grafenwoehr.army.mil), for up-to-date news, events, contact information and much more.